SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 26 SHOPPERS DRUG MART

SUPER CARROT SOUP
RAW FOOD THAT'S DELICIOUS AND NUTRITIOUS {page 32}

S--T WE SAY
DUO CREATES PARODY OF CALGARIANS {page 4}

BEAUTY BY CHANEL
MAKEUP THAT LOOKS FRESH, NOT KITSCHY {page 28}

CALGARY metro®
Thursday, March 1, 2012
www.metronews.ca
News worth sharing.

Thousands dodge Calgary warrants

Edmonton threatened public embarrassment for similar violators during campaign launch Tuesday ◐ Offences range from outstanding fines to Criminal Code charges ◐ Matters can be addressed at police district offices

JEREMY NOLAIS
@METRONEWS.CA

Police are appealing to thousands of individuals with outstanding, court-issued warrants to come forward, adding it's only a matter of time before they are caught.

This warning comes one day after Edmonton police launched a campaign that threatened to publicly publish the names of roughly 16,000 individuals with court-related matters to resolve.

Calgary police spokesperson Kevin Brookwell said data indicates that number is even higher locally and tracking down violators drains resources and hundreds of thousands of dollars from the service's annual budget.

"We are continuously running names, licenCe plates," he said. "It's hard to go through a patrol without coming across a number of (wanted) people.... They (warrants) don't go away."

Calgary defence lawyer Allan Fay said turning yourself in can pay off when facing a judge deciding on whether to grant bail or final sentencing.

Brookwell said police are watching Edmonton's program and will consider similar measures if it's deemed successful.

Can. Struction

▶ Margo Pagonis, left, and Sarah Cutten of ARC Resources use Alphagetti cans to build their creation Wednesday at Telus Spark.

KATIE TURNER/METRO

Bright minds come together to build for charity

Fifteen teams of architects, engineers and students took part in the 7th Annual Canstruction Calgary, which benefits the Calgary Food Bank. The displays will be judged today and will remain on site for public viewing until March 9.

Lawsuit

Court case launched

◐ Pathologist facing legal action after toddler's botched autopsy {page 3}

Rethinking marijuana

Luminaries want Canada to change stance on pot {page 12}

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Police seize more than $400,000 worth of cocaine

Police have seized nearly eight kilograms of cocaine with a street value of more than $400,000 from two southwest Calgary residences.

Two search warrants executed by the Alberta Law Enforcement Response Team yielded, along with the cocaine, drug paraphernalia, six ceramic-plate ballistic vests and $81,000 in cash. According to reports, police believe the accused was supplying cocaine to drug traffickers in British Columbia.

Alvin Lin, 30, of Calgary is facing several charges including production of a controlled substance and possession for the purpose of trafficking. METRO

Police charge Calgary man over robbery

An arrest has been made in connection with a robbery in the city's southeast.

Around 4 a.m. on Jan. 31, a man threatened a cashier at a Petro Canada store at 8338–18 Street S.E. and smashed the glass counter before fleeing with cash and lottery tickets.

Police arrested Keith Mitchell Stewart, 37, of Calgary on Sunday and have charged him with commercial robbery.

He is expected to make his first court appearance on March 2. METRO

METRO FILE

▶ Documents filed in a Calgary court Wednesday will once again thrust the disputed work of Dr. Michael Belenky, inset, into the spotlight.

Family sues pathologist for botched toddler autopsy

- Claim filed Wednesday seeks $2 million in damages
- Doctor previously had files reviewed by province

JEREMY NOLAIS
@METRONEWS.CA

Findings of a Calgary pathologist created years of grief for a family now suing for $2 million in damages, court documents allege.

A statement of claim filed in a Calgary court Wednesday says Dr. Michael Belenky wrongfully declared the 2009 death of a toddler a homicide, causing numerous struggles for his caregivers, including loss of reputation and depression.

The ruling also led child-welfare authorities to remove the toddler's stepbrother from his father's care for two years.

Neither the deceased toddler nor his caregivers can be identified under provisions of child-welfare legislation.

"The Certificate of Medical Examiner completed by Belenky, dated July 20, 2010, stated that the immediate cause of death of the deceased infant was 'blunt head injuries' and that the manner of death was 'homicide,'" reads the statement.

But confusion over terminology in Belenky's report raised questions among Calgary homicide detectives and a fellow medical examiner reviewing the file.

On Jan. 31, Alberta Justice announced a full-scale review of all criminal cases involving Belenky.

His findings in the case now at the centre of the lawsuit were overturned in March 2011 as an examiner determined the cause of death to be "accidental." The stepbrother was promptly returned to his father's care thereafter.

Dr. Belenky

- Dr. Michael Belenky is just one of numerous defendants named in the statement of claim filed Wednesday. It also places blame on provincial officials for failing to properly train and monitor the examiner.
- Last year, police reviewed more than 100 other criminal and non-criminal files involving Belenky but found no issues with his work.

1 news

Gadgets in the bedroom are not only affecting sleep; they're also taking a toll on couple's love lives, say sleep experts. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Tornadoes and twisters laid waste to the U.S. Midwest on Wednesday. Watch at metronews.ca/video.

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RESPONSE FORECAST

Province prepping for early fire season

Low snow levels that have left Alberta's northern forests dangerously dry have caused the government to declare an early start to the provincial fire season.

Although the thin snowpack — half the normal level — doesn't necessarily mean more forests fires, Sustainable Resources Minister Frank Oberle said moving the season's start up a month to March 1 allows the department to get ready.

"We're forecasting some pretty dry conditions this spring, and we're deeply worried about it," Oberle said. "We will have equipment and people in place ready for an early response."

A crew of 45 firefighters will be ready to go by Thursday. Training will also begin for another 100 firefighters.

THE CANADIAN PRESS

Green carts likely a keeper

7,500 About 7,500 homes in Calgary are currently piloting the new green-cart program.

Those Calgarians participating in the green-cart pilot project will likely be holding on to their carts until 2016 when the program is expected to be rolled out citywide.

Although the pilot is only intended to operate for one year in the communities of Abbeydale, Southwood, Cougar Ridge and Brentwood, aldermen argued at a meeting Wednesday that they should be able to keep their carts in the interim, while a new composting facility is built. "We didn't want to, after the pilot was over, take it away from communities," said Ald. Brian Pincott.

Several council members expressed frustration over the length of time it could take before green carts reach all single-family homes. "If there's anything we can do to tighten this up, that would be great," said Ald. Gael MacLeod. Administration will report back to council in 2013 with the results of the pilot program.

KATIE TURNER

Viral videos battle it out, Alberta-style

- Duo rushed to create response after seeing S--t Edmontonians Say
- More than 1,000 people viewed the video since it was posted Tuesday

SCREEN CAPTURE

▶ This screen capture from the video S#!t Calgarians Say shows one of many references to the Calgary Flames. "Flames are in the playoffs? Go Flames go!"

KATIE TURNER
@METRONEWS.CA

"I just got a great new job. It's in oil-and-gas."

Sound familiar? According to a new YouTube video called S–t Calgarians say, phrases like that can be heard on the streets of Cowtown everyday.

"We essentially dropped all our plans this weekend and shot for two days," said one of the video's creators Brady Roberts.

After seeing a video last week called S–t Edmontonians Say, Roberts and co-creator Josh Stryde knew, in true Battle of Alberta style, they had to make their own version.

Roberts said references to the Flames, Stampede and Mayor Naheed Nenshi obviously had to be included in the video but there are several one-liners that are uniquely Calgarian.

Phrases like, "These Chinooks give me a headache" and "God! Deerfoot!" are things that both Roberts and co-creator Josh Stryde noticed when they moved to Calgary.

"It's funny because neither of us actually grew up in Calgary," Roberts said with a laugh, "but I think that works because we see things that maybe people from Calgary don't see."

Fellow creator Josh Stryde moved from Newfoundland four and a half years ago, and Roberts is originally from Sherwood Park and came to Calgary two years ago.

The pair said the video was created in a very tongue-and-cheek manner and isn't meant to offend anyone.

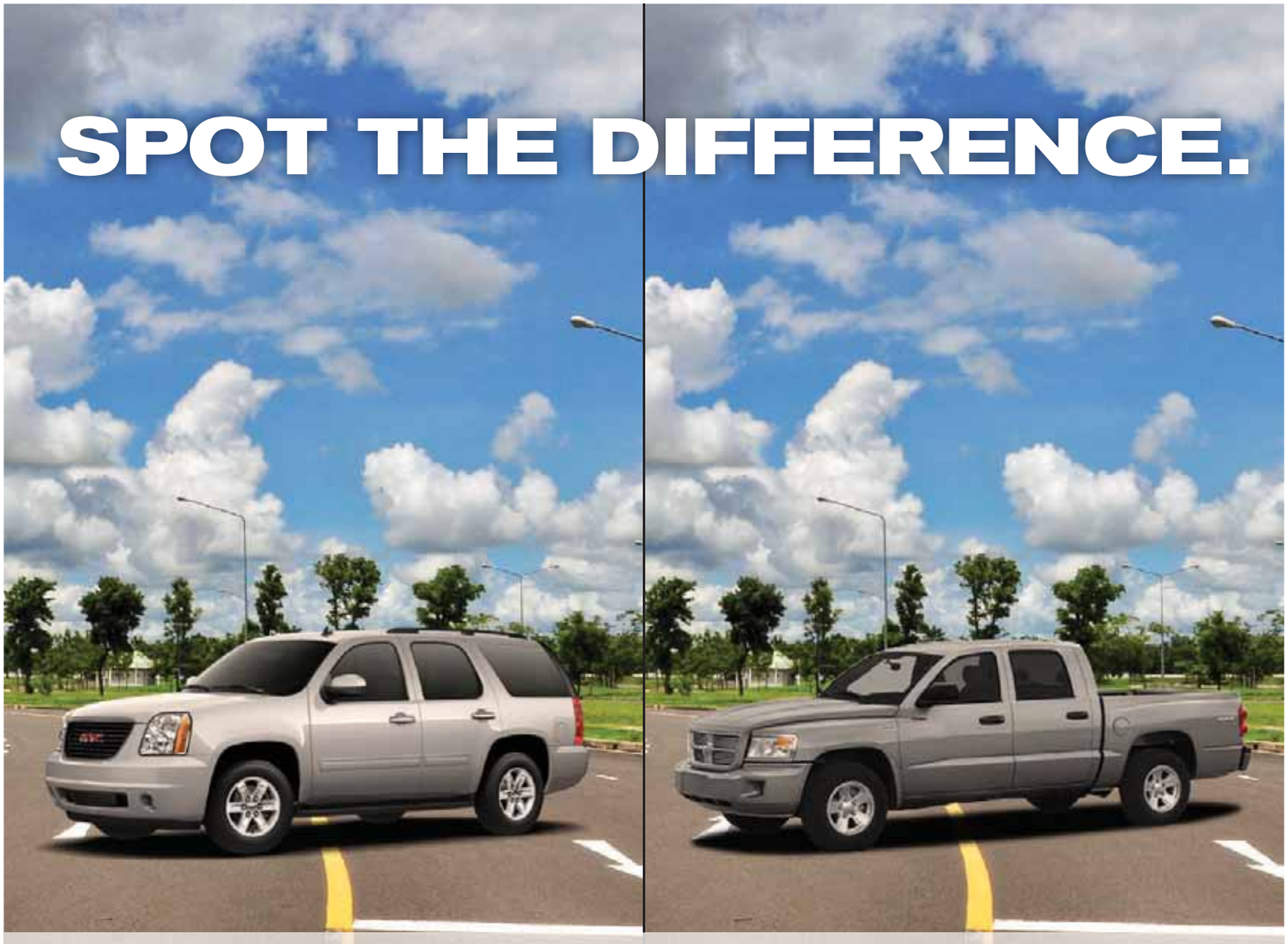
"We're just trying to relate to everyone," said Stryde, adding most importantly, "We wanted to make a better video than Edmonton, really."

For more local news, visit metronews.ca/calgary

Dynamic duo

- **Roberts and Stryde said** they might make a second video as they have plenty of footage that wasn't included in the nearly five-minute-long video.
- **Many people in the video** are actors, while others are friends of the duo.
- **Roberts and Stryde** have another web series on YouTube called The Gym.

SPOT THE DIFFERENCE.



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Student's friends rally against drunk driving

- Hundreds sign on to spread word at university
- Parents of crash victim say efforts helping the cause

JEREMY NOLAIS
@METRONEWS.CA

Arsh Brar didn't drink. He was kind, focused and always willing to help others.

On his way home from a night spent hanging out with friends on Jan. 8, the 20-year-old's vehicle was struck at high-speed by another vehicle being driven by a driver who was allegedly impaired.

Brar and a passenger in the oncoming vehicle died on scene.

While nothing can replace their beloved friend, his peers at the University of Calgary are actively working to bring the sobering truth to others about the dangers of drinking and driving.

"We decided we couldn't just sit back — we had to do something," said longtime friend Faryal Shah, who drafted the formal constitution for the club known as Save An Innocent Life just days after Brar's death.

"It went viral within days of becoming a sanctioned club. People really responded to the message we were sharing."

Shah became friends with Brar after finding their course schedules were almost identical. Soon, their bond extended beyond the classroom and few days passed in which they didn't see each other.

"Arsh touched so many lives," she said.

Save An Innocent Life plans to blanket the campus with posters and brochures that discourage drunk driving. They are also planning an elaborate benefit this month and hope to earn a seat on the Mothers Against Drunk Driving board of directors.

Benefit

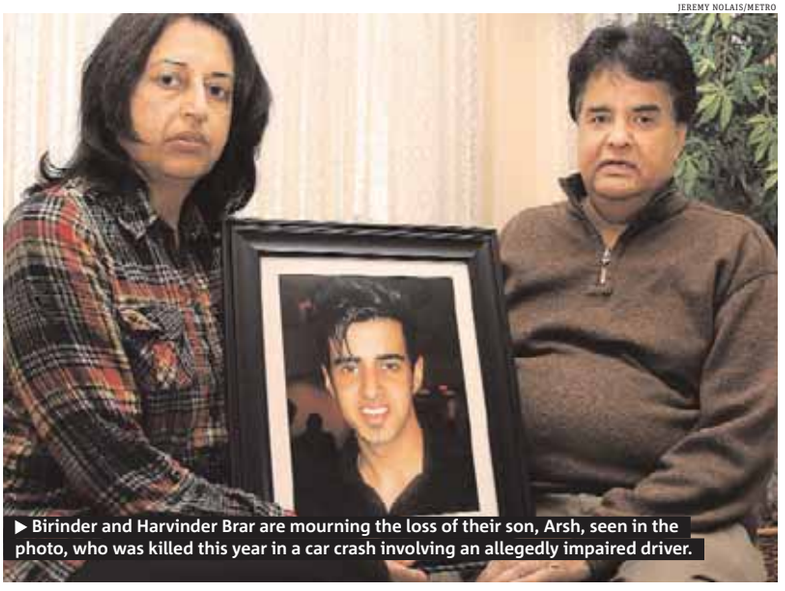
- **Save An Innocent Life is** hosting a dry dinner on March 16 to raise awareness of the dangers of impaired driving. Solicitor General Jonathan Denis, representatives from Mothers Against Drunk Driving and the parents of victim Arsh Brar are planning to attend.
- **For more information,** email Faryal Shah at sail@ucalgary.ca.

Brar's parents, meanwhile, remain devastated by the loss of their son. They say they have been overwhelmed by the support of group members and are in awe of their efforts.

"It's a matter of how can we change this whole culture around drunk driving?" said Arsh's father, Harvinder Brar.

"They have done so much already," added his mother, Birinder Brar.

JEREMY NOLAIS/METRO



▶ Birinder and Harvinder Brar are mourning the loss of their son, Arsh, seen in the photo, who was killed this year in a car crash involving an allegedly impaired driver.

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MANDATE LIMITED, CRITICS SAY

Redford takes heat over inquiry

Premier Alison Redford was on the defensive Wednesday after her government laid out the scope of a health-care inquiry.

On Tuesday, Health Minister Fred Horne said the inquiry will be given a mandate to look only into charges that some patients were allowed to jump the line for treatments and surgeries.

Redford told a radio show Wednesday that while those are the marching orders, if the panel uncovers information about doctor-bullying while exploring the queue-jumping issue, it can go anywhere it wants.

"If (queue-jumping) has happened — and that's the point of the inquiry — we're probably going to find as a result of that, there were connections to doctor intimidation," she said.

But Wildrose Leader Danielle Smith accused Redford of deliberately deceiving the public about what the inquiry can and cannot legally look into.

"She's just not telling the truth," Smith said.

THE CANADIAN PRESS

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Dentist buys crown fit for The King

A dentist in central Alberta has shelled out nearly $10,000 to buy a dental crown made for rock legend Elvis Presley.

Michael Zuk already owns a $31,000 rotten tooth out of the mouth of Beatles icon John Lennon.

The Presley crown came to him through an auction in the United Kingdom and had previously belonged to Memphis dentist Henry Weiss. Presley apparently had a gap in his smile that he covered with a crown, and Weiss made a number of crowns for him because The King would often chip them on microphones.

The crown is set in a model made from a mould of Presley's mouth. It comes with a letter describing an emergency trip Weiss's son had to make to Las Vegas with a crown in 1971, because Presley had broken one.

THE CANADIAN PRESS

Mini-Calgary's an online hit

- Video took between 300 and 400 hours to create
- YouTube hits grow 10-fold over two days

KATIE TURNER
@METRONEWS.CA

KATIE TURNER/METRO

▶ Charlie Su plays the video he created of a miniature-looking Calgary on his television Tuesday evening at his northwest home.

It's like watching a miniature version of life in Calgary unfold on fast-forward.

A video created by Calgarian Charlie Su, which he calls The Moving Calgary, takes time-lapse shots all over the city and using Adobe After Effects, makes Calgary look miniature.

"Because I've seen some miniature films made for other cities and I haven't seen any made for Calgary, I thought it would be cool to make one," said Su, a web developer.

Su said over the course of the summer and fall of last year, he spent hours collecting photos — about three per second on his Canon 60D — which he then strung together to appear as a video.

"I would say about one-third of the shots are filmed from the Calgary Tower and the rest of them are shot from parkades in downtown Calgary," he said.

On Monday, four days after he'd posted it, Su said the video had received about 800 hits. At last check, it had been viewed nearly 9,000 times.

"I'm overwhelmed," said Su. "I wasn't expecting that. I'm really glad everyone liked it."

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JEREMY NOLAIS/METRO

▶ Dozens of boys and girls were excited to discuss bullying at the Pineridge Community Club Wednesday.

Kids clubs battle bullying

- Youth don pink shirts, engage in conversation on important topic
- For some youngsters, the horrors of being targeted are all too real

JEREMY NOLAIS
@METRONEWS.CA

Christianne Peregrino knows what it's like to be bullied.

In fact, the nine-year-old experienced some tormenting just this week while on her way home from school.

"They kind of teased me and threatened to hurt me. (I was) actually terrified. I am not used to getting hurt or anything."

Peregrino, along with roughly 300 other Calgary kids, pulled on pink shirts and spent the afternoon chatting with staff from Boys and Girls Community Clubs (BGCC) across the city about bullying in their own communities and what can be done to root it out.

The events were held as part of the National Pink Shirt Day campaign created by two Nova Scotia high school students who stood up for a Grade 9 bullying victim in their community.

"I think there was this feeling for many years that bullying was part of being a student, part of being a kid.... That doesn't have to be the way it is," said Calum Scott, BGCC managing director. "We can make a stand and say, 'We're not going to tolerate this in our society — we are going to make everybody feel valued.'"

Redford wants McGuinty apology

Ontario Premier Dalton McGuinty tried Wednesday to turn down the heat generated by his comments earlier in the week about preferring a lower dollar to a growing oil-and-gas sector in Western Canada.

McGuinty admitted he was "a bit surprised" by the extent of the blowback from his comments Monday, when he said Canada's high "petro-dollar" was bad for Ontario manufacturers and exporters.

"I think I should clarify ... we are very, very proud of the work that is being done by Canadians in every province and territory to strengthen our country," McGuinty told reporters.

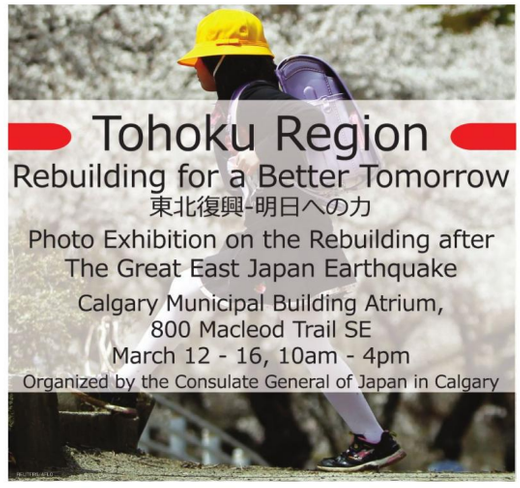
"We have a strong sense of partnership with Canadians from coast to coast to coast."

The mea culpa wasn't enough for Alberta Premier Alison Redford. Her position is that the entire Canadian economy, and Ontario in particular, benefits from the oilsands.

She told an open-line radio show that she felt her province was owed an apology from the Ontario premier.

She suggested McGuinty's original comments were born out of the difficult financial situation his government is in.

THE CANADIAN PRESS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Pierre Poutine? It's all a smear, says PM

Angry Harper accuses NDP, Liberals in Commons
But what's the truth about Separatist St. in Joliette?

A mysterious "Pierre Poutine" and Prime Minister Stephen Harper were front and centre in the robocalls furor on Wednesday.

Harper said allegations the Tories were behind misleading and harassing calls to voters in the last federal election are nothing but a smear campaign by the NDP and Liberals.

"The Conservative party can say absolutely, definitively, it has no role in any of this," Harper told the House of Commons.

He also added a new element to his counter-attack when he challenged the NDP and Liberals to provide proof to Elections Canada that the Tories were behind the calls.

Elections Canada is investigating reports that voters in Guelph got calls from a 450-area-code number directing them to the wrong polling station.

Phone records show the number behind the calls belonged to a cellphone registered to "Pierre Poutine" of "Separatist Street" in Joliette, Que.

Elections Canada's chief investigator says in a sworn court document the name was likely used to cover the tracks of whoever was behind the calls.

Phone records show the number registered to "Pierre Poutine" twice called Edmonton-based call centre RackNine Inc., on April 30 and May 1.

The records also show phones associated with Guelph Tory candidate Marty Burke and the Guelph Conservative riding association made 31 calls to RackNine between March 26 and early May.

The court document says it is reasonable to believe Burke's campaign did business with RackNine and that the relationship is related to the calls.

THE CANADIAN PRESS

RackNine's case

- RackNine has confirmed someone used its automated dialling service to make diversionary calls.
- The company insists it did nothing wrong and is helping Elections Canada and police in the investigation.

PAWEL DWULIT/THE CANADIAN PRESS

▶ A high-powered group of world business leaders and politicos want the Stephen Harper government to stop the "destructive, expensive and ineffective" war on drugs.

LUMINARIES BLAST C-10'S POT APPROACH

Sir Richard Branson and other world business and political leaders want Canada to rethink its stance on marijuana.

The leaders want Ottawa to scrap mandatory minimum sentences for minor pot offences in Bill C-10 and even look at legalizing the drug.

"Tougher drug law enforcement tactics such as mandatory minimum sentencing … will put a huge strain on Canadian taxpayers," says a letter released by the group.

"(They) will not have the intended effect of creating safer communities, and will instead further entrench" organized crime.

The group is chaired by Fernando Henrique Cardoso, former president of Brazil, and includes ex-presidents of Colombia, Mexico and Switzerland, and former U.S. secretary of state George Shultz.

MATT KIELTYKA IN VANCOUVER

Seven so far will sit on jury in Tori trial

Seven people have been chosen for a jury in the trial of a man accused in the death of eight-year-old Victoria Stafford.

Michael Rafferty, 31, pleads not guilty in London, Ont., to first-degree murder, sexual assault causing bodily harm and kidnapping.

Tori disappeared in Woodstock, Ont., on April 8, 2009. Her body was found three months later.

Terri-Lynne McClintic has already been convicted of first-degree murder.

THE CANADIAN PRESS

7

Five women and two men have been selected for a jury of 12 and two alternates.

Canadian doctor in fraud case

A Canadian doctor in Texas has been charged over massive health-care fraud.

It's alleged the plan involved bilking Medicare and Medicaid out of nearly $375 million US.

Jacques Roy, 54, is charged with health-care fraud and conspiracy to commit fraud. Authorities moved to seize cash in his bank accounts, cars and sailboats. THE ASSOCIATED PRESS

Feds back space station but also plan cash cuts

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Canadian Space Agency president Steve MacLean calls Ottawa's commitment "a major milestone."

The federal government will commit to the International Space Station for another five years.

And that should mean Canadian astronauts will return to space sooner than expected.

Industry Minister Christian Paradis said Canada will extend its commitment to the space station for 2015 to 2020.

"Canada is there, Canada is on board from 2015 up to 2020," the minister said.

His announcement in Quebec City on Wednesday came as the heads of foreign space agencies were arriving there for a conference where they plan to discuss the space station's future.

It also came amid heightened concern within the space community, with the federal government about to embark on significant spending cuts.

The government says the Canadian Space Agency's budget will fall 14 per cent, to $363 million, with the expiry of previous commitments.

There could be even deeper cuts in the March 29 federal budget.

THE CANADIAN PRESS

Hadfield's date

- Canadian astronaut Chris Hadfield will travel to the ISS for a six-month stay at the end of 2012.
- But there are currently no flights — beyond Hadfield — scheduled for Canadians before the end of the decade.

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Storms ravage U.S. Midwest

At least 12 killed, dozens injured after deadly tornadoes slam region

A pre-dawn twister flattened entire blocks of homes in a small Illinois town on Wednesday as violent storms pummelled the U.S. Midwest and South, killing at least 12 people in three states.

Winds also ripped through the country-music mecca of Branson, Mo., damaging some of the city's famed theatres just days before the start of the busy tourist season.

The storm that blasted Harrisburg in southern Illinois, killing six, was an EF4, the second-highest rating given to twisters based on damage. Scientists said it was 200 yards wide with winds of up to 170 miles per hour.

By midday, townspeople in the community of 9,000 were sorting through piles of debris and mourning their dead while the winds still howled around them.

"The theatre next to me kind of exploded.... It went everywhere. Power lines are down. Windows are blown out."
BRANSON DINER OWNER

Three people were reported killed in eastern Tennessee — two in Cumberland County and another in DeKalb County — as storms collapsed homes and downed power lines there.

The twisters were spawned by a powerful storm system that blew down from the Rockies on Tuesday and was headed toward the East Coast.

THE ASSOCIATED PRESS

DARRIN PHEGLEY/THE GLEANER/THE ASSOCIATED PRESS

▶ Kendra McKinley pulls a flag from the debris of her grandparents' home in Henderson, Ky.

Fishing vessel delays Costa Allegra rescue, official says

The disabled Italian cruise ship Costa Allegra will spend an extra 10 to 12 hours at sea without electricity, air conditioning or toilets because a French fishing vessel that was first to respond to the drifting liner refused to give way to faster tugboats, a Seychelles government official said Wednesday.

A spokesman for the cruise line denied that the tow would have been faster with the tugs, and said the ship was always scheduled to reach the Seychelles' main port on Thursday.

The government minister, Joel Morgan, said the cruise ship likely would have arrived in port on Wednesday night local time if the tugs had been allowed to take over.

THE ASSOCIATED PRESS

METRO CUSTOM PUBLISHING

GROWING DREAMS

Teriano, a member of the Maasai tribe of Kenya, has been studying in Toronto for four years. She plans to return to Africa, where she has big dreams of helping her people.

At first glance, Teriano doesn't seem much different from any of thousands of other Ryerson University students. She wears the standard jeans-and-windbreaker uniform, spends most of her time studying and posts pictures of outings and friends on Facebook.

But in fact, Teriano, a fourth-year social-work student, has a remarkable story that shows how the smallest act can have a huge impact.

Teriano was born a member of the Maasai tribe in southern Kenya and immediately promised in marriage to a man who was already 27 years old. "My mother married the same way, my grandma and everybody else. It was just normal to be booked for marriage and to get married at 13 or 14," she explains. "It almost happened to me."

It didn't, because when she was four years old an Australian family sponsored her through World Vision. That meant that after she had completed primary school, she was able to attend high school, and then college for a year in Nairobi. "No girl in my village had ever gone to college or university," she recalls. While her father was baffled by her ambition and bound by the marriage deal he'd made, Teriano convinced him to break it, and to let her go.

She came to Canada four years ago and plans to stay to finish a Masters degree. And her dreams keep growing along with her horizons.

For example, she wants to help women in her village start business cooperatives so that they can support themselves and their families. She'd like to set up a community fund to enable other youth in her village – particularly girls – to go to high school and college. She wants to find out how the Maasai, who raise livestock, can become more efficient farmers.

"I thought, maybe I could talk to farmers in Canada and ask, 'How do you do it?' Information like that could transform our community."

A year and a half ago, Teriano visited her village in Kenya. Four hundred people came to a celebration to honour her. She was amazed. "There were speeches. People blessed me, and said they admired me. Young people said, 'We can do it because you did it.'

"There had been some families in my village who said, 'I will never take my girls to school, only my boys.' That day, I saw their girls in school and thought, 'Yes!'"

The experience made her think: "Sometimes you don't know the impact you are making, just by doing things. Sometimes actions really speak." How true.

Khadr may be headed North

Report claims Canadian convicted of terrorism will swap Guantanamo Bay for Ontario prison

Is Canadian Omar Khadr destined to leave the U.S. Naval Base at Guantanamo Bay, Cuba to serve the remainder of his sentence in Guantanamo North?

A report this week in Montreal's LaPresse stated that the 25-year-old Toronto-born Khadr will be imprisoned at the vacant Millhaven immigration centre in Ontario, derisively dubbed Guantanamo North.

The $3.2-million, six-bunk facility, was built in 2006 to house non-Canadian terrorism suspects held on controversial national security certificates.

Despite its name, and aside from the isolation, the Millhaven facility is hardly comparable to the Guantanamo cell where Khadr is now — or many of Canada's federal prisons where he could be held.

JANET HAMLIN, POOL/THE ASSOCIATED PRESS

"No one has told Omar, or us, anything about when he can expect to be transferred."
KHADR'S LAWYER JOHN NORRIS

As Hassan Almrei, who was held there before a federal court judge dismissed his case, said in a 2007 interview, "I'm lucky to be detained in this country. I'm not denying that. (But) they're not talking about the colour of the clothes, it's the principle. The principle of Guantanamo Bay."

A Canadian government official had previously told the Toronto Star that Ottawa was also considering the Quebec penitentiary where the majority of those convicted of terrorism offences are serving their sentences, including some members of the so-called Toronto 18 plot.

TORSTAR NEWS SERVICE

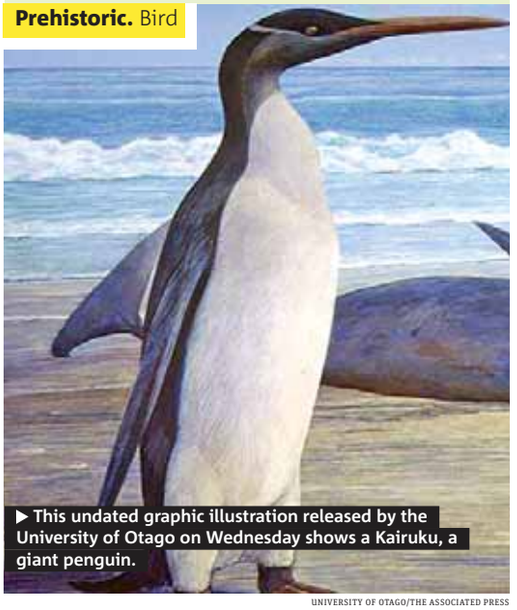
N. Korea suspends nuclear activities

North Korea raised hopes Wednesday for a major easing in nuclear tensions under its youthful new leader, agreeing to suspend uranium enrichment at a major facility and refrain from missile and nuclear tests in exchange for a mountain of critically needed U.S. food aid.

It was only a preliminary step but a necessary one to restart broader six-nation negotiations that would lay down terms for what the North could get in return for abandoning its nuclear-weapons program. Pyongyang pulled out of those talks in 2009 and seemingly has viewed the nuclear program as key to the survival of its dynastic, communist regime, now entering its third generation.

THE ASSOCIATED PRESS

Prehistoric. Bird



▶ This undated graphic illustration released by the University of Otago on Wednesday shows a Kairuku, a giant penguin.

UNIVERSITY OF OTAGO/THE ASSOCIATED PRESS

Giant penguin on display

Experts from New Zealand and the United States have reconstructed the fossil skeleton of a giant penguin — from roughly 26 million years ago — for the first time, revealing long wings, a slender build and a spearlike bill that have it being described as one elegant bird.

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U.S. navy plans powerful rail gun

Supergun capable of firing rounds at up to 9,010 kilometres per hour

A super-powerful gun that shoots rounds more than 160 kilometres away — at several times the speed of sound — is being developed for U.S. navy warships.

The weapon is known as an electromagnetic rail gun. It consists of parallel rails and uses a magnetic field and electric current, instead of chemicals, to generate energy to fire the rounds.

The navy said Tuesday that an industry-built prototype of the gun is being tested at the Naval Surface Warfare Center Dahlgren Division in northern Virginia. It uploaded a video to YouTube demonstrating a test-shot as part of a month-long series of tests to evaluate the technology.

At this stage, they're focused on measuring the gun's barrel life and structural integrity because it is capable of firing rounds at up to 9,010 kilometres per hour, or more than seven times the speed of sound. More research and development is needed over the next five years to ensure the weapon can cool down and handle repetitive fire.

THE ASSOCIATED PRESS

Supergun

1. The U.S. navy has been developing the weapon since 2005 at a cost of about $240 million US.
2. The Senate armed services committee in 2010 recommended killing the rail gun, but the program was revived.
3. Continued funding is expected to keep the program going through 2017, when the navy anticipates the weapon will be ready.
4. It could still be several more years before the gun is put on ships.

Barcelona. Protests

▶ A student runs for cover as riot police clash with demonstrators during a protest in Barcelona on Wednesday.

DAVID RAMOS/THE ASSOCIATED PRESS

Austerity tensions rise in Spain

Many young adults fear they have no future in the country and are angry at the new conservative government, which is enacting widespread austerity cuts to prevent Spain from being forced into a bailout such as those taken by Greece, Ireland and Portugal.

Is a huge asteroid headed for Earth?

Astronomers at the Mount Lemmon observatory in Arizona are keeping their eyes on an asteroid, called 2001 AG5, that they claim has a 625-to-one chance of hitting Earth in 2040.

The hurtling rock is 140 metres wide and has enough power to wipe out a major city, scientists say.

NASA researchers discussed the asteroid — which was first spotted in January 2011 — at the 49th session of the Scientific and Technical Subcommittee of the United Nations Committee on the Peaceful Uses of Outer Space.

The astronomers talked about emergency deflection measures and the asteroid's future path at the annual conference, which took place in Vienna last month.

Scientists say more observation of the trajectory of the space rock is needed to better pinpoint where it might land and the impact of such a cataclysm on the planet.

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Grandpa found guilty of abuse

A U.S. man has been found guilty of child abuse for forcing his grandsons on gruelling hikes in the Grand Canyon.

A jury found 45-year-old Christopher Alan Carlson guilty Wednesday for the three forced hikes of more than 24 kilometres each last August. His three grandsons were eight, nine and 12 years old.

The oldest grandson described secretly asking a hiker to call emergency services after he started throwing up and falling down because of cramping.

All three boys said Carlson pushed, choked and kicked them during the hikes.

Carlson had pleaded not guilty.

THE ASSOCIATED PRESS

Bill Clinton backs Keystone XL

Former president comes out in favour of controversial $7.6B pipeline project

Wife Hillary to decide on its fate

Bill Clinton, the keynote speaker at the Department of Energy's conference for clean-technology startup companies in Maryland, put in his two cents on the Keystone XL pipeline project on Wednesday.

He wondered aloud why TransCanada didn't originally propose to build the pipeline around an environmentally fragile area of Nebraska.

"The extra cost of (rerouting the pipeline) is infinitesimal compared to the revenue that will be generated over a long period of time," he said.

Secretary of State Hillary Clinton, testifying later in the day to the House of Representatives' foreign affairs committee hearings into energy security, was asked about her husband's remarks. "He's a very smart man," she said to laughter. "But he, unfortunately, is not bound by the laws and regulations any longer of the United States to make decisions that follow a certain procedure. And that's what we have to do."

THE CANADIAN PRESS

Pipeline Heat

The Obama administration has deferred making a decision on the pipeline until after the election.

Pipeline proponents cried foul, saying it was a tactic aimed at pacifying environmentalists among Obama's base before the election.

KEVIN GLACKMEYER/THE ASSOCIATED PRESS FILE

▶ U.S. Secretary of State Hillary Rodham Clinton shares a laugh with her husband, former President Bill Clinton, in Selma, Ala., in 2007.

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MAXIM SHIPENKOV/POOL/THE ASSOCIATED PRESS

▶ Vladimir Putin

Putin warns of a rumble

Russian presidential candidate predicts unsanctioned protests post-election will result in violence

Russian Prime Minister Vladimir Putin warned that his opponents could provoke unrest after Sunday's presidential election, even going so far as killing a prominent opposition figure to stoke outrage against his government.

Putin is all but certain to regain the presidency, but his allegations Wednesday reflect heightened tensions four days before the vote and nervousness about the protests expected to follow.

"They are looking among well-known people for a sacrificial victim," said Putin. "They could, I'm sorry, knock someone off and then blame the authorities."

Evidence of widespread vote-rigging in favour of Putin's party in December's parliamentary election set off a series of protests to demand an end to Putin's 12-year rule.

The opposition is pushing authorities to allow a post-election protest at a site close to the Kremlin. The government has refused the demand, offering other more distant locations instead.

The organizers have rejected that offer, raising the threat of violence. THE ASSOCIATED PRESS

Volunteers to monitor the vote

30,000
The estimated number of complaints filed after Russia's last parliamentary election.

Until a few months ago, Sergei Rassypnov, a real-estate agent, cared little about politics and Vladmir Putin.

That all changed in December, when evidence of rampant election fraud by Putin's party triggered a wave of protest: Suddenly, for legions of urban Russians, apathy and indifference was transformed into a startling new activism.

Today, Rassypnov is among tens of thousands of Russians who have signed up to monitor this Sunday's presidential election, in which Prime Minister Putin aims to reclaim the presidency he held for eight years. Most are volunteering for the first time, no longer willing to tolerate a situation in which people have little confidence their vote will be counted honestly. THE ASSOCIATED PRESS

Legend. Lost

▶ Pop music group The Monkees, clockwise from top left, Peter Tork, Mickey Dolenz, Mike Nesmith and Davy Jones, are shown in this 1966 photo.

HANDOUT/THE CANADIAN PRESS

Monkees frontman dies

Davy Jones, the heartthrob singer who helped propel the made-for-TV rock band The Monkees to the top of the pop charts as an American version of The Beatles, died of a heart attack Wednesday. He was 66. Born in Manchester, England, Jones had stylishly long hair, boyish good looks and a British accent that endeared him to legions of screaming young fans.

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Murdoch son steps down

Rupert's youngest resigns chair of News International Will stay on as deputy COO of News Corp.

James Murdoch, the executive at the epicentre of the phone-hacking scandal at his father's British newspapers, is stepping down as executive chairman of News Corp.'s U.K. newspaper arm.

News Corp. said in a statement Wednesday that James, the youngest son of 80-year-old media mogul Rupert Murdoch, has given up his position at News International to concentrate on the company's television business.

The 39-year-old will remain deputy chief operating officer of News Corp., but the move plucks the one-time heir apparent to his father's global empire away from a firestorm over his role in Britain's phone-hacking scandal.

1.6% News Corp. shares set a 52-week high in New York after the news broke, rising 1.6 per cent to $20.11 a share.

"James' resignation was inevitable," said Louis Ureneck, a journalism professor at Boston University. "He either condoned the hacking or was irresponsibly unaware. Neither is acceptable in a top executive of a media company."

THE ASSOCIATED PRESS

Manhattan. Demonstration

▶ An Occupy Wall Street protester makes her feelings known during a march toward New York's Bryant Park.

JOHN MINCHILLO/THE ASSOCIATED PRESS

Occupied once again

There was a heavy police presence around New York's 42nd Street as a demonstration began on Wednesday morning. Protesters marched on the offices of pharmaceutical giant Pfizer.

Navajo Nation sues over trademark

MATT YORK/THE ASSOCIATED PRESS FILE

The native American Navajo Nation has sued Urban Outfitters months after the band sent a cease-and-desist letter to the clothing retailer demanding it pull the "Navajo" name from its products. The lawsuit filed late Tuesday in U.S. District Court in New Mexico alleges trademark violations as well as violations of the federal Indian Arts and Crafts Act.

Urban Outfitters set off a firestorm of criticism last year with its line of Navajo-branded clothing and accessories — particularly underwear and a liquor flask.

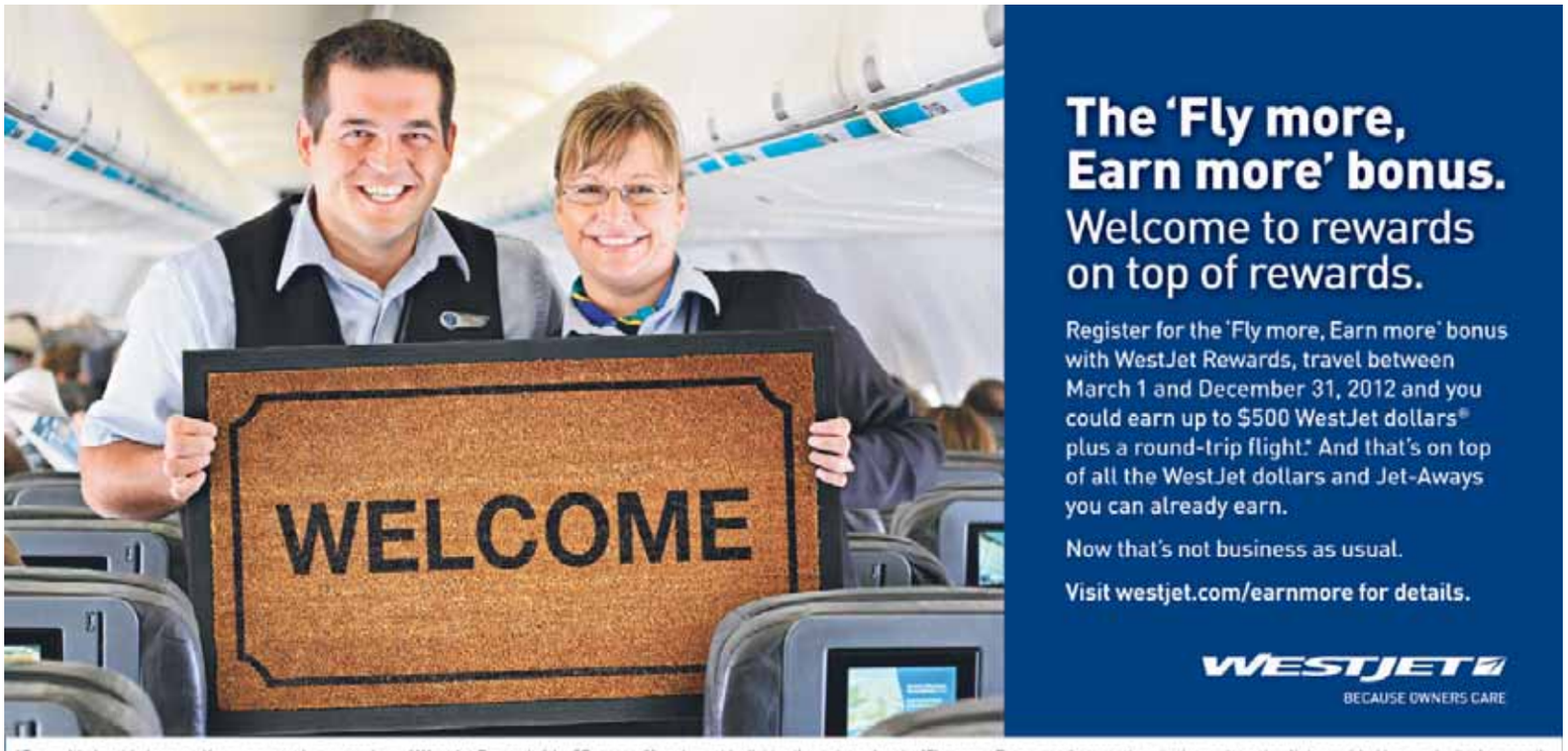
The company has declined to comment on the suit.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

TSX	Dollar	Oil	Natural gas	Gold
- 96.46 (12,644.01)	+ 0.60¢ (101.06¢ US)	+ $0.52 US ($107.07 US)	$2.54 US (+ 1.9¢ US)	$1,711.30 US (- $77.10 US)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WHEN IN DOUBT, AD LIB

HE SAYS ...

JOHN MAZEROLLE
METRO

I'm just talking off the top of my head here, but I miss performing improv comedy.

Writing humour is satisfying, sure — especially that special moment when you see your name on a paycheque, er, I mean in a newspaper. But the delayed, distant feedback can make you feel like you have fewer readers than the iTunes service agreement.

In contrast, and as Mitt Romney would tell you, there's no greater thrill than the instant response you receive when you get on stage and make stuff up.

If you're not aware, improvisation is a form of theatre that has spawned many comedic troupes, some serious theatre, certain art-house films and the Iraq war.

Generally, the idea is simply to make things up on the spot, often with an audience suggestion, which in theory can be absolutely anything, but which in practice is always "sex," "horny," "circus," "bus stop" or "spatula."

If that sounds like kids' stuff, rest assured there are some deep lessons to be learned.

"When you accept what the scene gives you and don't try too hard, then everything that happens is 'right,' the possibilities are endless and things naturally fall into place. There's a lesson in there somewhere."

For instance, one of the improv rules you organically discover is "Don't try to be funny." Some would argue I've mastered that.

But the point is that humour should arise from strong characters and a well-told story. When you tell a conventional punchline joke during improv the audience reply is a rising-then-falling "aaAAAaah" sound, which means "Clever. Not funny. But clever. Now be funny."

Another improv life lesson, perhaps the most important one, is to accept what the world gives you.

If another actor turned to you on stage and said, "Hi, Donald Trump!" then your natural, human reaction would be to punch him in the throat. But improv teaches you that scenes work best if you accept every suggestion — so you scowl in a Trumpian manner and wonder what it must be like to know that even a billion dollars isn't enough for a decent hairpiece.

When you accept what the scene gives you and don't try too hard, then everything that happens is "right," the possibilities are endless, and things naturally fall into place. There's a lesson in there somewhere.

Improv is fun, challenging and, yes, can give you a better outlook on life. I think you should try it.

And if you don't have the energy or gumption or whatever excuse you're using not to do it, just remember what an audience member once told me during an introspective moment: "Horny!"

Words to live by.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

The Junos are set for April 1. With William Shatner as host, will you be watching?

60%
NO. SOUNDS LIKE AN APRIL FOOL'S JOKE

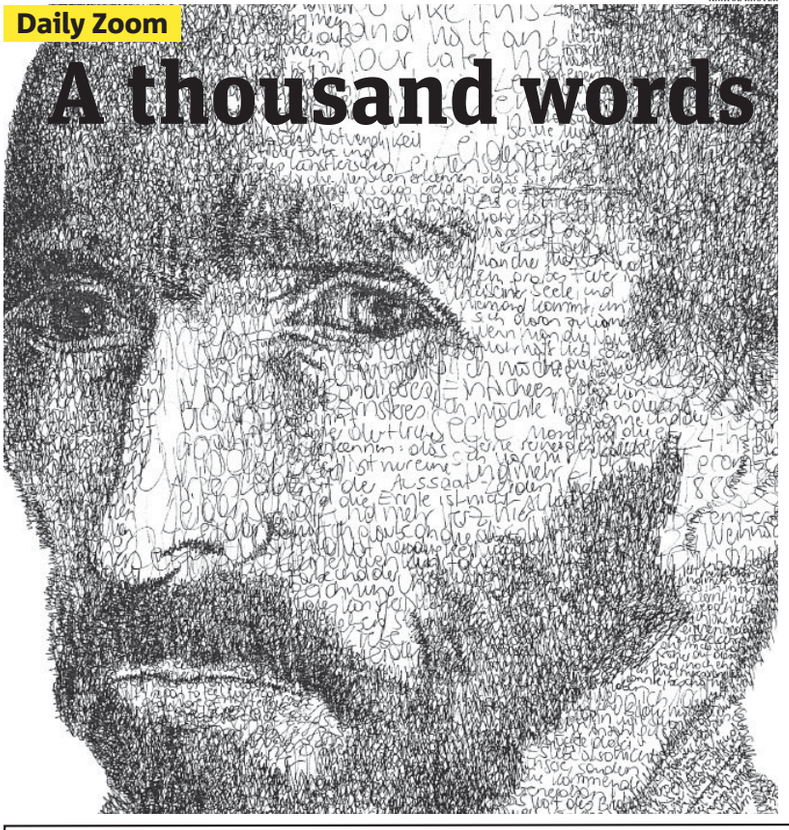
40%
YES. BEAM ME UP!

Local tweets

- **@darynakulya:** Thank you Calgary and the wonderful people here for a great 6 months in this city. #yyc
- **@pond_e:** The snow is nice and all, but it's getting a little old. C'mon summer! #yyc
- **@FAllanHR:** I swear this driver is speeding from smoke break to smoke break #transit #yyc
- **@OrgCode:** Less than 5 hour turnaround in #yyz to London shrinking by the minute as plane delayed in #yyc. #mustsleeponplane
- **@ianmartin3:** Note to LRT users. If you have not got the balance to stand and fiddle with your phone, don't try! Then you won't fall all over me #yyc
- **@tracymillshead:** Lady with a stroller almost got smoked in a crosswalk at an uncontrolled intersection gg #yyc drivers
- **@Morgaine_j:** Being stuck between the front and back doors on a packed bus is a personal hell of mine #yyc
- **@MissVonC:** I love shopping at Ikea! Got some furniture for my new studio ! #yyc #Ikea #excited

Daily Zoom

ANATOL KNOTEK



Artist 'writes' famous portraits

PORTRAITURE. This sketch of the great Vincent van Gogh can speak for itself. Artist Anatol Knotek creates faces composed from his own handwriting. Knotek, whose works allude to 1960s avant-garde poetry, has also "written" stunning portraits of Bob Dylan, Pablo Picasso and Nobel Prize laureate Hermann Hesse. MWN

▶ Anatol Knotek

60 seconds

Anatol Knotek, 34, artist from Vienna

What's the idea behind your "handwritten" portraits?
They're meant to blur the borders between poetry and fine art. For me, it's a type of communication, pairing the act of writing and the art of painting. It's "visual poetry."

What do you write?
A mixture of my own writing and words associated with the person I'm drawing. In this portrait, I used some passages taken from van Gogh's letters. I also added some sentences from Theo van Gogh's letter to his mother that reported his famous brother's death.

And how do you write your drawings?
I first make the sketch with a pencil and then I begin the writing process with a permanent felt-tip pen. I use small, simple words for the details, then larger letters for the overall appearance. It can take about two weeks to do one such portrait.

What inspired your work?
Concrete poetry — poetic verses that are arranged in a shape or pattern for added visual effect.

ANTHONY JOHNSTON/MWN

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Oprah

Oprah Winfrey is bringing her life lessons north of the border for a TV event sure to rank among her Canadian fans' favourite things.

THE ASSOCIATED PRESS

Musical 'Carrie' becomes the third high-profile re-imagined work in New York this season

Le Vent Du Nord playing at Southwood United Church Mar. 3 **Check out their unique act**

BACKSTAGE PASS

LISA WILTON
METRO CALGARY

The hurdy-gurdy has been used in traditional folk music for more than 1,000 years.

Yet, it's still a mysterious instrument to most North Americans. So obscure is the hurdy-gurdy, Nicolas Boulerice often finds himself taking questions from curious audience members about the droning, wooden contraption he plays on stage with Quebecois folk band, Le Vent du Nord (The North Wind.)

"It's part of my job to explain what it is," he says with a laugh.

"Maybe I'll make a t-shirt one day with something like, 'This is a hurdy-gurdy and this is what it does,' written on the front."

The hurdy-gurdy is a stringed instrument, which uses a crank-turned wheel to emit a sound that lies somewhere between a violin and a bagpipe. It's still widely used in European folk music, particularly in Eastern Europe and Scandinavia.

PHOTOMAN.CA

Le Vent du Nord brings the rich, energetic sound of traditional Quebec music to Calgary Mar. 3.

Boulerice's interest in the medieval instrument began 18 years ago when, unable to find a decent hurdy-gurdy to buy, he decided to build one.

It took Boulerice and a friend more than a year to create two prototypes and a pair of identical instruments.

"It was good to spend that amount of time working on the inside of the machine," he says.

"It's rare for musicians to know their instruments from the inside. I learned a lot about what the hurdy-gurdy is all about."

Rounded out by vocalists/multi-instrumentalists Simon Beaudry, Rejean Brunet and Olivier Demers, Le Vent du Nord plays folk songs from Quebec and France, as well as trad-inspired originals.

Live, the Juno Award-winning quartet sounds more like an octet, and the hurdy-gurdy can take partial credit.

"It's brings another kind of texture," explains Boulerice.

"It brings some old, medieval French to the song. That kind of sound takes us somewhere. It's really part of the sound of Le Vent du Nord. It gives us something unique."

Fishcreek Concerts presents Le Vent du Nord at the Southwood United Church on Mar. 3. Tickets are $25 ($20 for students) and can be purchased at Sak's Music, A Taste of Quebec at the Calgary Farmer's Market, through the Pumphouse Theatre Box Office at 403-263-0079 or online, fishcreekconcerts.com

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Reese Witherspoon

Reese talks to kids about abuse

Actress Reese Witherspoon has had the talk with her two young children.

Not the sex talk.

The domestic violence talk.

As a Global Ambassador for Avon's efforts to help victims of domestic violence, Witherspoon travelled to the Washington area to speak to the 2nd World Conference of Women's Shelters, prompting a talk with Ava, 12, and Deacon, 8.

Though her kids were shocked to hear how one in three women is abused in this country, Witherspoon said it was important for them to be aware of the problem especially her daughter who's almost old enough date.

At a time when bullies are responding with violence, Witherspoon also says parents must educate themselves and their children about social media and "what constitutes harassment, what is acceptable and what is not."

Witherspoon says talking publicly "creates empowerment" among women and helps them feel they're not alone.

She said it often gives them the courage to go to a shelter or take legal action that could save their lives.

THE ASSOCIATED PRESS

DeVito goes global

For The Lorax, actor took on the task of recording voices in four foreign languages

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Danny DeVito is becoming quite the multilinguist — or at least that's what it looks like. For his new film, The Lorax, DeVito took on the unprecedented task of recording foreign versions of the movie in Spanish, Italian, German and Russian. It turned out to be a much more monumental task than he'd expected, though. "It's a fun thing, but it's time-consuming. I thought it was going to be like a couple of days. I'll do German in a couple days. Right! It's more like a week," he admits.

"This is the thing, I don't speak any of those languages. I speak a tiny bit of Italian, but I did it all with coaches and phonetically," DeVito explains. "What I would do is tackle one at a time. And Universal brought in people from the country because sometimes the lines were very long. And there was no way for me in German or in Russian to get through that entire line without messing up some intonation. And I really wanted it to capture the performance, and I didn't want people to think I had an accent."

The process of recording each language took about five days in a recording studio for DeVito and his advisers, and the biggest lesson he learned in that time was that he should've kept things simpler when recording the English version — or at least stopped for a breath more often. "There are about 90 lines of mine in the movie, and some of them sometimes you can't break them up," he explains. "Like if you say to me, 'Coma esta usted?' That's one thing. Or in Italian if you say, 'una tazza di caffe' — that means a cup of coffee — it's easy. But if you're saying something like, 'Didn't you see me come out of that stump with all the lightning and the thunder and this and the that? Did you chop down that tree?' Well, I didn't think I was going to be doing this when I said those lines back then and didn't spit in the middle."

Normally, animated films get dubbed by local actors for each territory, so isn't he technically taking work away from actors in Europe? "I did some Russian interviews on the phone and different places, and I always preface it with, 'I know that you guys have great actors to do this,'" DeVito explains. "It was just one of those things where I got it in my head to do it, and once I said I would do it I didn't want to back down, even though I did think, well this time I'm taking a job away from someone."

And as for other American stars who might be miffed that DeVito has now raised the bar for an animated film role? "Too bad for them," he says with a laugh.

HANDOUT

▶ Danny DeVito says doing the The Lorax in multiple language was fun but time consuming.

Indoctrination?

- Fox Business Channels' Lou Dobbs made waves recently by insisting that The Lorax is an insidious attempt to indoctrinate children into an anti-industry mindset. "The President's liberal friends in Hollywood [are] targeting a younger demographic using animated movies to sell their agenda to children," Dobbs said.
- Aside from the fact that the message of the film is same as it was when Dr. Seuss published it 42 years ago, Danny DeVito insists the message is about being responsible while succeeding in business. "It's not saying that we can't be inventive and still think of things to sell or make or manufacture," DeVito explains. "But the idea is that if we're going to take the goods from the earth — the supplies, the materials from anywhere — we should think about the sustainability of it."

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▶ Lindsay Lohan

‘I will not let anyone down’

Lindsay Lohan is mounting her comeback, starting with a stint hosting Saturday Night Live this week, and she knows there’s a lot at stake.

“I will not let anyone down, especially myself,” she says in an interview with the Today Show, starkly contrasting her last visit to the show, during which she denied having any problems at all.

“I wasn’t as comfortable with myself then. I think it was a fear factor that I had about what was really going on. And, you know, I had to get that wake-up call.”

METRO

Snooki pregnant?

MTV went into crisis mode after hearing news: Source

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Though she recently denied it, many news organizations are now reporting that Nicole “Snooki” Polizzi is indeed three months pregnant with boyfriend Jionni LaValle’s baby.

The Jersey Shore star is reportedly looking to make the most of the announcement — and has even brokered a deal for a cover story with Us Weekly.

Apparently, Snooki is looking to use her pregnancy to become “the next Kourtney Kardashian,” a source tells Page Six.

▶ Snooki

But reps at MTV aren’t as excited, since Snooki is currently filming a Jersey Shore spin-off chronicling her hard-partying lifestyle.

“MTV went into crisis mode after they found out,” the source says. “They’re trying to hide it because it would greatly affect the creative direction of the show.”

At first, I laughed at this because, well, “creative direction” and Jersey Shore spin-off do not go together.

But then it makes sense: MTV’s programming is filled with a million bad parenting reality shows, from Teen Mom to 16 and Pregnant. Even they probably loathe to air a segment of Snooki taking her baby for its first spray tan.

Ben and Jen welcome third child

Jennifer Garner gave birth to a son Tuesday in Santa Monica, Calif., according to People magazine. It’s the third child and first boy for Garner and husband Ben Affleck, who also have daughters Violet, 6, and Seraphina, 3.

▶ Affleck and Garner

Garner previously said that they knew the gender of the baby ahead of time but weren’t sharing that information.

“It would be so weird to have a boy,” she told Ellen DeGeneres during an interview last year.

METRO

Celebrity tweets

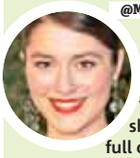
@davidwain

Favor for me: if you liked Wanderlust, please email 100 friends and tell them to go see it. As thanks I’ll send you a Blue 2009 Honda Civic.

@hwinkler4real

YES we are a little behind in the Winkler household but ...BREAKING BAD..HAS OVER TAKEN ME now that’s tv

@M_E_Winstead



I just cut my hand with texturizing shears and full on passed out. Great way to start the day!

@Joan_Rivers

Both Jennifer Lopez and I have experienced nipple slips at the Oscars. The only difference is that mine was peeking out of an open-toe shoe.

Who will play Whitney in film?

Plans are reportedly already underway for a movie about Whitney Houston’s life, according to the Daily Mail.

Producer Clive Davis is behind the project, and while Jennifer Hudson, Vivica Fox and Jordin Sparks are reportedly on the list for the lead role, Davis is said to have his eye on Rihanna to play Houston.

And lest it seems like Davis is trying to cash in on his friend’s death, the film was reportedly already being developed before Houston passed away last month.

▶ Whitney Houston

“Whitney knew about the project and was excited to see where it would lead,” a source says.

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3 life

Star power

GETTY IMAGES

It was announced this week that Sir Elton John will be headlining Fashion Cares, the silver anniversary fundraising gala, to be held on September 9, 2012 at the Sony Centre for the Performing Arts in Toronto.

Chaired by Michael King and David Furnish, with cosmetics powerhouse MAC Viva Glam returning as title sponsor, the event will feature an intimate dinner, a retrospective of the past 25 years of Fashion Cares, and a live show performance by Sir Elton John and other high profile, international musicians.

METRO

Guy Laroche designer shows gem-inspired collection, and no skin, in Paris.

Peter Philips, global creative director of Chanel makeup, creates nail and lip colours that instantly sell out and spark wait lists Heed his advice for a natural, beautiful look

You too can nail Chanel chic

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

WILLY WANDERPERRE

Peter Philips

The mouth vs. the eyes

"Being beautiful is as tough as you want to make it, but it doesn't have to be all about the pressure. There's no such thing as an ideal face. Who can measure that? A perfect face is one that expresses confidence and is happy with itself. When I speak to somebody I'm always drawn to their mouth, maybe that's because it's more comfortable than looking someone in the eyes. Also with the eyes, which eye do you look at? But all women should have an eyelash curler. This also applies to women who don't wear makeup. One pinch to the lashes can work miracles as it opens up your eyes and makes you look fresh and awake. Add some mascara and you're ready to go."

The face: The fine balance

"It's a criminal offence to wear too much makeup, just as it is to wear too little. It's all about striking a balance and wearing a look with confidence. Something that always looks wrong is not blending your foundation in properly so that you can see the line between the face and the neck. It's so easy to avoid. Blend it out with your fingers or check the lighting in your bathroom."

"It's a criminal offence to wear too much makeup, just as it is to wear too little makeup. It's all about striking a balance and wearing a look with confidence."
PETER PHILIPS

Don't forget the inside

"Every phase of your life has beauty in it. We all want youth but at some point we have to realize that we're getting older and it's not all about foundation or mascara. If you eat and live wrong it will have an impact on your looks. You know the tricks: eat more vegetables, stop smoking, drink water and cut back on alcohol."

The nails: introducing April, May and June.

"The Le Vernis shades are anticipated not because of me but because they're Chanel. I have the advantage that I can link my creations with the fashion show, it gives them a reason to exist. May is pinky and girly and June has a beachy feel to it. It took 24 try-outs in the lab before we got the right shade for Le Vernis in June.

What's trending?

Trends, no. Seduction, yes.

"I don't create trends; it's the women who wear them that create them. My challenge is to develop shades that will seduce these women into buying them and the only way to seduce a women is by literally seducing her. I chose spring horizons; sunset and sunrise as it can be the most amazing moment of the day. I was afraid it would be a bit kitschy, mellow and corny, but it's also very beautiful. She can't be intimidated by the colours or feel like she's being forced into wearing something. She needs to stand in front of the counter or be reading a magazine and say, 'that's a shade I want to wear.'"

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker: 8 days of shows to cover in Paris. A fantasy for some... A lot of work for me! But not complaining. What's YOUR ultimate Paris fantasy?

- @sarahohm: "Audrey Hepburn in Funny Face" would be mine! #parisfantasy
- @Jeanne_Beker: Oh yeah! To be a hot young model falling in love with a cool photographer... What a gorgeous cliche!
- @Enriquemylove16: live there go to champs elysees every weekend for shopping :P get to know people from there explore the fashion world #dream♥
- @Mymsie7: wow! I want to get to visit every beautiful spot in the city! And taste everything there is to taste! I want to go next year:)
- @KendalLo: Hands down Paris at Christmas & NYE. Long meals inside warm Parisian restaurants, lots of wine, good coffee and shopping.
- @Jeanne_Beker: Oh YEAH! Nothing like guilt-free gorging in the City of Light! Worth every calorie!!!

View from mon petit chambre. Always stay in same charming St. Germain hotel in same sweet room: Home.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

DESIGN CENTRE

Lose that 'bowling alley' look

Home decor guru Karl Lohnes tackles a reader's living room design dilemma

KARL LOHNES
HOME@METRONEWS.CA

I recently moved into a new place and bought two open-style sofas for the living room to create a cosy but formal look. Now the room looks like a bowling alley. What can I do to fix this?
Tamara McCarthur, Toronto

CB2's Acrylic Tripod Easel, $199

Creating a symmetrical look with furnishings is an easy way to add a formal touch to any room. In your case, the positioning of the two couches guide the eye directly to the plain windows at the end of the room, creating the bowling alley effect.

With no options of rearranging the sofas, try to find ways to divert the eye from going all the way to the end of the room. You can do this by adding a few interesting and useful accessories that make the eye go from side to side rather than to the end of the room. Here are a few suggestions:

Layered rugs not only look cool but can allow you to use a favourite too-small rug by laying a larger one underneath. A large horizontal striped 8-by-10-foot rug will help draw the eye across the room and make it look wider than it is. Now the room will have a size-appropriate rug while still incorporating your cool but smallish hidden rug.

One heavy wall of coloured art will quickly draw the eye to one side of the room rather than immediately to the end of the room. I suggest hanging the large print to the left of the room, then adding many small art pieces opposite to keep both walls filled. Other red accents, such as glass vases, candles and throws, will help add a bit more colour into the room.

Place something airy in the corner to round out the room. A whimsical tall plant, étagère or art easel will help. When you fill in the corners of a room you'll then help shorten the space into a better proportion.

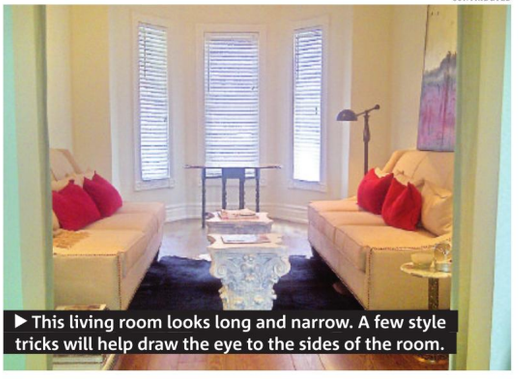
Consider an art easel holding a tiny, bright-coloured painting or becoming the stand for a plasma television... different, interesting and unique!

A not too heavy looking display or serving table in front of the window to display flowers, framed photos or use for serving when guests visit will anchor the end of the room by saying 'look at me first.'

The one you have looks a bit dark, heavy and plain. Painting it in a pale grey finish and topping it with glass will give it an airy look.

Got a design dilemma? Email your question and a photo to: home@metronews.ca. For daily design advice, follow @KarlLohnes on Twitter.

CONTRIBUTED



▶ This living room looks long and narrow. A few style tricks will help draw the eye to the sides of the room.

WEST ELM

▶ West Elm's 8x10 Zigzag Rug ($530)

John-Richard's Clipper Table, $789, homesav.com

Pastels: Back in vogue

For a time, pastels had faded into obscurity ◗ Now the unassuming colour palette is seeing a gentle resurgence ◗ Put away your memories of Miami Vice and give the trend a second look

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The mention of pastels is enough to make some people cringe, especially men. It's a colour palette for which Queen Elizabeth II shows a fondness. But it's seeing a fashionable return — quite literally, have a look at the spring/summer '12 runways. Not to mention blogs and interior magazines.

The interior designer Sophie Paterson and author of Style and Glamour puts it down to people being "fed up with totally neutral colour schemes. Whilst anyone can throw a taupe scheme at a room, it takes a bit more skill to pull off a scheme using colour accents." Not to mention, "pastel colors are very calming and uplifting,"

Urban pastels

Pastels can read bucolic and that's not usually a favoured look amongst, savvy urban dwellers. Paterson suggests using, "soft feminine colours as a contrast with clean line furniture, particularly dark pieces such as grey-stained oak."

Avoid looking dull

"You need to use a variety of textures: velvet, silk, linen and wool all work well in juxtaposition. For example shiny against flat," explains the London-based interior designer. She continues, "I like to start with a neutral base (sofa, wall and floor) and build up the layers using colours and accessories to add depth and interest."

Accents and accessories

Rather than turning your space into a pastel chalkboard, you may prefer to give a nod to the trend with artfully selected accessories. Paterson says, "Ceramic vases work wonderfully in pastels. Abstract oil paintings with a touch of pastel in the paint colours, or even rustic linen cushions with a shot of pastel velvet are particularly sophisticated."

Spring thinking

Do more than just spring-clean and reinvigorate your apartment with a dash of colour because as the expert enthuses, "Pastels are particularly relevant for the spring season. I'm loving dusty pastel green. It represents the beginning of new growth and freshness, which feels so right after the long grey winter."

CONTRIBUTED

▶ This is a man's bedroom. Deal with it.

2 PIECES WITH PASTEL

ANTHROPOLOGIE
Amorphous nesting table set
$898, anthropolgie.com

STELTON — ARNE JACOBSEN
AddColour Bright Press Coffee Maker Ltd Ed
$341, panik-design.com

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Set the stage for the sale

Believe it or not, fake furniture may get you a better asking price for your condo Next, add flowers, candles and clean it like never before

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

Thinking of selling your condo? Staging adds sizzle to your unit and showcases your rooms in the best possible light for potential buyers.

A small investment in a properly staged condo can result in offers well above your asking price. For example, the Manitoba Real Estate Staging Association found that staged homes sold over list 68 per cent of the time. Condo staging will help sell your condo faster because the longer it stays on the market, the further the price declines.

So what is staging? Buyers need to be able to imagine themselves living in your condo, which is hard to visualize in a big, empty space. Every good realtor knows that staging is a powerful tool that transforms your unit into a model suite that buyers want to see. And big, colourful photos of beautifully staged rooms will really stand out in your online listings and will drive traffic to your opening.

It pays to get expert advice as most condo sellers may not be able to view their units objectively. The pros know all the little tricks that help to sell, like the use of battery-operated, scented candles instead of real ones.

Greenery, florals, and candles can also be artistically placed throughout the rooms. And make your own draperies with inexpensive fabric and hemmed with fusible hem tape — no sewing required.

Donna Ragona is a certified trusted staging authority with Suite Design in Oakville. "If you do only one thing, make sure you clean, clean, clean," she says.

So what to do with an empty condo when you've got no furnishings available? An innovative and popular trend is emerging in the condo staging realm: funky fake furniture.

"The real furniture, that is still offered, but we also offer now the knockdown cardboard furniture as a different option. I'll offer it as a service. My team will set up the furniture and do the full staging," says Ragona.

These faux-furnishings are indistinguishable from the real thing and can stand up to 1,000 pounds of weight. They are collapsible and can fit in the back of your car.

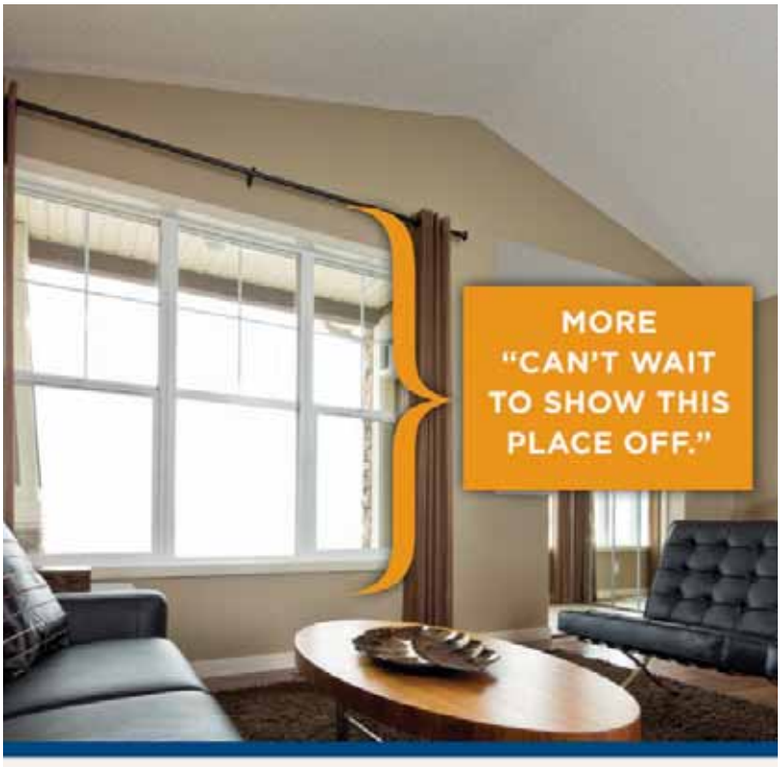
Ragona explains, "the boxes are the base, and then they have slip covers. There's different colours and then the accessorizing is something separate, so any pillows and throws, that we do on our own. The beds come with the headboard and the bed skirts and we add any bedding."

Condo staging tips

- **Walk through** your property with a friend and scrutinize every room from a buyer's perspective.
- **Make it bright,** turn on all the lights, even during the day, and open all curtains and blinds. Clean all your windows, inside and out.
- **Welcome potential buyers** with bright and cheerful planters filled with plants and flowers .
- **Use scents and candles** to create an inviting smell in your rooms.
- **Make sure** everything is cleaned up, put away and all the beds are made.

COURTESY DONNA RAGONA AT SUITE DESIGN.

▶ Cardboard furniture can help buyers picture themselves living in your unit.



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Satisfy your raw curiosity

March is Nutrition Month across Canada ◗ Celebrate eating healthy by trying to 'uncook' raw foods in your own kitchen ◗ This Super Carrot Soup is tasty and easy to prepare

ALL PHOTOS: THE CANADIAN PRESS H/O

Super Carrot Soup

▶ This recipe makes 500 ml (2 cups).

Preparation:

1. In blender, combine carrots, water, oil, cilantro, garlic, raisins, lemon juice, salt, curry powder, cumin and cayenne. Blend until smooth.
2. Topping: Sprinkle each bowl with cilantro and raisins before serving. **UNCOOKING WITH RAWROSE BY ROSE VASILE/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF (FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Variation

Avocado
Avocado can be used instead of olive oil. After blending other ingredients, blend half an avocado and 50 ml (1/4 cup) water until smooth.

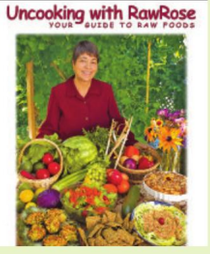
Ingredients:

- 375 ml (1 1/2 cups) coarsely chopped carrots
- 250 ml (1 cup) water
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) cilantro
- 1 clove garlic
- 1 tsp raisins
- 5 ml (1 tsp) lemon juice
- 2 ml (1/2 tsp) sea salt
- 2 ml (1/2 tsp) curry powder
- 2 ml (1/2 tsp) ground cumin
- Pinch cayenne 5 ml

Topping:

- 15 ml (1 tbsp) chopped fresh cilantro or parsley
- 5 ml (1 tsp) raisins

Weekly Cookbook



Certified raw foods chef Rose Vasile, has released the fifth edition of her Uncooking with RawRose cookbook ($29.95).

The recipes are surprisingly varied and include a large section on soups, salad dressing and dips and another on desserts, often using nuts or seeds as the base for cakes or pies.

One standout recipe is a lasagna made with layers of mushrooms, zucchini and spinach, almond cheese and marinara sauce.

THE CANADIAN PRESS

There is nothing in this Vegetable Curry that has to be done ahead of time, but the veggies will soften a bit if you make it a few hours before you want to serve it

Vegetable Curry

▶ Makes 1 L (4 cups).

Preparation:

1. In bowl, combine pepper, zucchini, cauliflower, broccoli and pineapple.
2. In blender, combine water, pineapple, coconut, apricots, garlic, ginger, curry, salt and cayenne and blend until smooth. Add sesame seeds and blend to combine.
3. Pour sauce over veggies in bowl and stir to coat.
4. If eating immediately, stir in avocado and cilantro. Alternately, marinate mixture for few hours. If sauce is too thick, add little water. Then add avocado and cilantro just before eating. **UNCOOKING WITH RAWROSE BY ROSE VASILE/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF (FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 250 ml (1 cup) each julienned red pepper, chopped zucchini, small cauliflower florets, small broccoli florets
- 150 ml (2/3 cup) diced fresh pineapple
- 250 ml (1 cup) water
- 150 ml (2/3 cup) chopped fresh pineapple
- 75 ml (1/3 cup) shredded coconut
- 3 dried apricots, halved
- 1 clove garlic, halved
- 2 ml (1/2 tsp) sliced fresh ginger
- 10 ml (2 tsp) curry powder
- 5 ml (1 tsp) sea salt
- Pinch cayenne
- 50 ml (1/4 cup) sesame seeds
- 1 avocado, coarsely chopped
- 50 ml (1/4 cup) cilantro leaves, chopped

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Banana Lemon Pie

▶ This recipe makes one 23-cm (9-inch) pie.

Preparation:

1. In a food processor, process the pecans or walnuts. Add the raisins and process everything until the mixture starts to clump together.
2. Gently distribute the mixture over the bottom of a 23-cm (9-inch) plate, then press the mixture firmly to form crust.
3. Grate the lemon zest on top of the crust.
4. Juice the lemons into a bowl. Slice the bananas into the lemon juice; stir gently to coat bananas with juice. Arrange banana slices/lemon juice on crust.
5. Optional: Decorate with poppy seeds, blueberries, raspberries, slices of colourful fruit or sprigs of mint. **UNCOOKING WITH RAWROSE BY ROSE VASILE/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF (VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 750 ml (3 cups) pecans or walnuts (not soaked)
- 375 ml (1 1/2 cups) raisins
- Zest and juice from 1 1/2 medium lemons
- 4 medium bananas
- Poppy seeds, blueberries, raspberries, slices of colourful fruit or sprigs of mint (optional)

Soccer. Match

▶ Micah Richards of England, third from right, plays the ball against the Netherlands on Wednesday.

DAVID ROGERS/GETTY IMAGES

Netherlands edges England in friendly

Arjen Robben scored in stoppage time to give the Netherlands a 3-2 friendly victory over England on Wednesday, ending a three-match winless run for the 2010 World Cup finalist exactly 100 days before the European Championship. After setbacks in October and November, this victory puts the Netherlands back on the right track going into more Euro 2012 warmup matches in May. THE ASSOCIATED PRESS

‘Something we badly needed’

Canada falls 3-1 to 41st-ranked Armenia in men’s soccer friendly played in Cyprus

Canada started brightly but eventually paid the price for some slack play as Brazilian-born Marcos Pizzelli scored twice to give Armenia a 3-1 win in a soccer friendly on Wednesday.

Captain Kevin McKenna gave Canada a fifth-minute lead at Tsirio Stadium but the Armenians took control as the game wore on and had far more scoring chances.

Armenia is ranked 41st in the world, compared to No. 71 for Canada.

“We still have a lot of work to do but I’m really happy we played this game because the quality of the opposition, the way they played, the speed at which they played at was fast,” coach Stephen Hart said. “Something we badly needed. We looked like a team that has not played in four months.”

The Canadians came into the match riding a seven-game unbeaten string. Their last loss was 2-0 to the U.S. in Detroit in June 2011.

“We started out quite well and I think we got a bit optimistic there. They were a lot better team than I personally thought,” admitted forward Iain Hume, who came on as a second-half substitute. “I think 3-1 was a fair score.”

McKenna opened the scoring by taking advantage of some poor Armenia marking on a corner. A defender was late to notice McKenna, who rose and headed in the Julian de Guzman delivery past veteran goalkeeper Roman Berezovsky.

It was the 11th goal for Canada by the 32-year-old defender from Calgary, who has seen action as a forward in the past.

THE CANADIAN PRESS

Esks’ special-teams coach will run Stamps defence

Rick Campbell is leaving the Edmonton Eskimos to join their provincial rivals in Calgary.

The Stampeders named Campbell their new defensive co-ordinator on Wednesday.

Campbell leaves his job as Eskimos special-teams coach to join the Stamps.

The move comes after Dave Walkosky resigned as Calgary’s defensive co-ordinator earlier this week to become the special-teams co-ordinator at Georgia Tech.

A veteran of 13 CFL seasons, Campbell spent 10 years with Edmonton, from 1999 to 2008 and 2011.

He joined Winnipeg in 2009 as the defensive-backs coach and special-teams co-ordinator before becoming Calgary’s running-backs coach in 2010.

“Rick is a well-respected coach,” Stamps general manager and head coach John Hufnagel said in a statement. “He brings a wealth of knowledge and has a great deal of experience in all three phases of the game.”

Edmonton head coach Kavis Reid said, “We understand that this opportunity helps put Rick a step closer to realizing his ambition to one day become a head coach in the CFL.”

THE CANADIAN PRESS

NFL

Steelers will drop Ward

Hines Ward’s constant ear-to-ear smile tucked behind a black face mask has been a lasting image for Pittsburgh Steelers fans the past 14 seasons.

They won’t see it again.

At least, not in a black-and-gold uniform.

The franchise’s all-time leader in just about every meaningful receiving category will be released sometime in the next two weeks, president Art Rooney II said on the team’s website on Wednesday.

A four-time Pro Bowl selection and MVP of the 2006 Super Bowl, Ward will finish his Steelers career with 1,000 catches, 12,083 yards and 85 receiving touchdowns. He helped Pittsburgh to three AFC championships and a pair of Super Bowl wins.

Ward vowed to return for a 15th season next fall. THE ASSOCIATED PRESS

4 sports

Flames preview

Calgary at Phoenix
7 p.m.
TV: SNET

The Flames (28-24-11) travel to Phoenix (33-21-9) to face the red-hot Coyotes, who are 11-0-1 in their last 12 games. Phoenix holds a two-point lead in the Pacific Division after defeating Vancouver 2-1 in a shootout on Tuesday. Mike Smith has won 11 straight starts — a franchise record. Ray Whitney leads the Coyotes with 58 points and needs 16 more to reach 1,000 for his career. Whitney has three goals and four assists as part of a six-game point streak.

THE CANADIAN PRESS

Scan code for more sports.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	61	40	15	1	5	169	124	86	21-7-0-2	19-8-1-3	7-2-0-1	W2
d-Boston	61	37	21	1	2	200	140	77	18-11-1-1	19-10-0-1	4-5-0-1	L1
d-Florida	62	30	20	5	7	158	172	72	15-8-1-7	15-12-4-0	6-3-0-1	W3
Pittsburgh	63	37	21	2	3	202	166	79	20-8-2-0	17-13-0-3	7-2-0-1	W4
Ottawa	65	34	23	6	2	199	192	76	17-12-2-1	17-11-4-1	7-2-1-0	W2
Philadelphia	62	34	21	2	5	203	188	75	14-10-1-4	20-11-1-1	4-5-0-1	L1
New Jersey	62	35	23	1	3	172	170	74	16-12-0-3	19-11-1-0	5-4-0-1	L3
Washington	63	32	26	2	3	172	178	69	21-8-0-2	11-18-2-1	4-5-0-1	W3
Winnipeg	65	30	27	4	4	166	186	68	19-10-1-3	11-17-3-1	5-3-1-1	L2
Toronto	64	29	28	4	3	191	200	65	16-12-3-2	13-16-1-1	1-8-1-0	L6
Tampa Bay	63	29	28	3	3	176	213	64	19-9-1-1	10-19-2-2	6-4-0-0	W1
Buffalo	62	27	27	4	4	154	180	62	16-11-3-4	11-16-1-0	5-3-1-1	L1
NY Islanders	63	26	28	6	3	147	182	61	14-14-5-0	12-14-2-2	4-5-1-0	L2
Carolina	63	24	26	7	6	166	190	61	17-12-0-5	7-14-7-1	5-1-2-2	W1
Montreal	64	24	30	2	8	164	177	58	11-14-2-6	13-16-0-2	3-6-0-1	L5

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	64	40	16	1	7	204	156	88	18-6-0-4	22-10-1-2	6-1-1-2	L2
d-Detroit	64	42	19	1	2	202	151	87	26-3-1-1	16-16-0-1	7-2-0-1	W1
d-Phoenix	63	33	21	3	6	166	156	75	17-10-2-2	16-11-1-4	9-0-0-1	W6
St. Louis	64	40	17	1	6	166	128	87	26-4-1-3	14-13-0-3	7-3-0-0	W4
Nashville	64	37	20	3	4	181	165	81	21-7-2-3	16-13-1-1	5-3-0-2	L1
Chicago	65	34	24	4	3	198	193	75	22-7-1-3	12-17-3-0	5-5-0-0	W1
San Jose	62	33	22	4	3	178	159	73	19-9-2-0	14-13-2-3	3-6-1-0	W1
Dallas	64	33	26	1	4	168	175	71	18-12-0-3	15-14-1-1	5-3-1-1	L1
Colorado	64	33	27	3	1	168	173	70	18-13-0-1	15-14-3-0	7-2-1-0	W4
Los Angeles	64	29	23	5	7	138	137	70	16-13-0-4	13-10-5-3	3-5-1-1	W1
Calgary	63	28	24	5	6	151	173	67	16-9-1-3	12-14-4-3	4-2-2-2	L4
Minnesota	63	28	26	2	7	139	167	65	15-11-1-3	13-15-1-4	3-6-0-1	L1
Anaheim	63	27	26	4	6	161	178	64	16-13-2-0	11-13-2-6	6-2-0-2	L1
Edmonton	63	25	32	2	4	169	189	56	16-12-2-2	9-20-0-2	4-5-1-0	L1
Columbus	63	18	38	2	5	146	212	43	11-18-1-2	7-20-1-3	3-6-1-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto 4 Chicago 5
St. Louis 5 Edmonton 2
Pittsburgh 4 Dallas 3 (SO)
Buffalo at Anaheim
Tuesday's results
Florida 5 Toronto 3
Tampa Bay 2 Montreal 1
Phoenix 2 Vancouver 1 (SO)
Ottawa 1 Boston 0
San Jose 1 Philadelphia 0
Carolina 4 Nashville 3
Los Angeles 4 Minnesota 0
Washington 3 N.Y. Islanders 2 (OT)
Detroit 5 Columbus 2
Tonight's games
All times Eastern
New Jersey at Boston, 7 p.m.
Minnesota at Montreal, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
Florida at Winnipeg, 8:30 p.m.
Columbus at Colorado, 9 p.m.
Calgary at Phoenix, 9 p.m.
St. Louis at Vancouver, 10 p.m.
Buffalo at San Jose, 10:30 p.m.
Tomorrow's games
New Jersey at Washington, 7 p.m.
Chicago at Ottawa, 7:30 p.m.
N.Y. Rangers at Tampa Bay, 7:30 p.m.
Minnesota at Detroit, 7:30 p.m.
Dallas at Edmonton, 9:30 p.m.
Calgary at Anaheim, 10 p.m.

BLACKHAWKS 5, MAPLE LEAFS 4

First Period
1. Toronto, Bozak 14 (Lupul) 0:59
2. Chicago, Shaw 6 (Bickell, Bolland) 11:01
3. Toronto, Lupul 25 (Kessel, Phaneuf) 11:29 (pp)
4. Toronto, MacArthur 19 (Grabovski, Franson) 16:53
5. Chicago, Kruger 8 (Leddy, Keith) 19:30

Penalties — Lupul Tor (tripping) 3:33, Sharp Chi (hooking) 11:09.
Second Period
6. Chicago, Kane 15 (Brunette, Lepisto) 8:33
7. Chicago, Hossa 25 (Kane, Leddy) 12:06

Penalties — Schenn Tor (roughing), Shaw Chi (goaltender interference, roughing) 4:32, Schenn Tor, Bollig Chi (fighting) 14:03.
Third Period
8. Chicago, Hossa 26, 19:44 (en)
9. Toronto, Brown 2 (Crabb) 19:56

Penalties — Kane Chi (high-sticking) 6:02, Connolly Tor (hooking) 11:09.
Shots on goal

Toronto	10	7	17	—34
Chicago	11	12	12	—35

Goal (shots-saves) — Toronto: Gustavsson (L,16-13-2); Chicago: Crawford (10-7), Emery (W,12-8-2)(start second)(24-23).
Power plays (goals-chances) — Toronto: 1-3; Chicago: 0-2.
Referees — Steve Kozari, Brad Meier. **Linesmen** — Steve Barton, Lonnie Cameron.
Attendance — 21,244 (19,717) at Chicago.

PENGUINS 4, STARS 3 (SO)

First Period
1. Dallas, Ja.Benn 18 (Ott, Burish) 15:25
2. Pittsburgh, Sullivan 12 (Dupuis, Orpik) 18:53

Penalties — Ja.Benn Dal (tripping) 5:26, Nystrom Dal (roughing) 9:55, Malkin Pgh (interference) 11:00.
Second Period
3. Dallas, Souray 6 (Eriksson, Ribeiro) 19:47

Penalties — Ott Dal (holding) 0:21, Larsen Dal (interference) 4:32, Robidas Dal (hooking) 8:40, Vitale Pgh (hooking) 13:35.
Third Period
4. Pittsburgh, Adams 4 (Staal) 3:33
5. Pittsburgh, Kunitz 18 (Martin, Malkin) 4:12
6. Dallas, Ryder 26 (Eriksson, Daley) 7:23

Penalties — Malkin Pgh (double roughing), Nystrom Dal (roughing) 8:24, Orpik Pgh (hooking) 19:46.
Overtime — No Scoring.
Penalties — None.
Shootout — Pittsburgh wins 3-2
Pittsburgh (3) — Neal, goal; Malkin, miss; Kunitz, goal; Dupuis, goal. **Dallas** (2) — Eriksson, goal; Ribeiro, miss; Ja.Benn, goal; Ryder, miss.
Shots on goal

Pittsburgh	7	11	9	2 —29
Dallas	10	12	8	3 —33

Goal — Pittsburgh: Fleury (W,33-14-3); Dallas: Lehtonen (L,24-15-4). **Power plays (goals-chances)** — Pittsburgh: 0-5; Dallas: 0-4.
Attendance — 17,455 (18,532) at Dallas.

TUESDAY

SHARKS 1, FLYERS 0

First Period
1. San Jose, Clowe 11 (Thornton, Burns) 1:22

Penalty — Winchester SJ (roughing) 20:00.
Second Period — No Scoring.
Penalties — White SJ (delay of game) 4:35, Voracek Pha (hooking) 7:45.
Third Period — No Scoring.
Penalties — None.
Shots on goal

Philadelphia	10	7	9	—26
San Jose	11	6	6	—23

Goal — Philadelphia: Bryzgalov (L,22-13-6); San Jose: Niemi (W,25-15-6). **Power plays (goals-chances)** — Phila: 0-2; San Jose: 0-1.
Att. — 17,562 (17,562) At San Jose, Calif.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	37	41	78
Stamkos, TB	44	32	76
Giroux, Pha	23	49	72
Spezza, Ott	28	43	71
Kessel, Tor	32	35	67
Karlsson, Ott	15	51	66
H.Sedin, Vcr	13	53	66
D.Sedin, Vcr	28	36	64
Lupul, Tor	24	40	64
Neal, Pgh	30	31	61
Eberle, Edm	28	33	61
Tavares, NYI	25	36	61
Kovalchuk, NJ	25	35	60
Hossa, Chi	24	36	60
Pominville, Buf	23	36	59
St. Louis, TB	22	37	59
Datsyuk, Det	16	43	59
Parenteau, NYI	15	44	59
Thornton, SJ	14	45	59
Hartnell, Pha	30	28	58
Elias, NJ	19	39	58
Ra.Whitney, Phx	19	39	58
Toews, Chi	29	28	57

Last night's games not included

TENNIS

ATP

DUBAI CHAMPIONSHIPS
At Dubai, United Arab Emirates
Singles — Second Round
Novak Djokovic (1), Serbia, def. Sergiy Stakhovsky, Ukraine, 7-6 (5), 6-3.
Roger Federer (2), Switzerland, def. Feliciano Lopez, Spain, 7-5, 6-3.
Andy Murray (3), Britain, def. Marco Chiudinelli, Switzerland, 6-3, 6-4.
Jo-Wilfried Tsonga (4), France, def. Lukas Rosol, Czech Republic, 6-3, 6-4.
Tomas Berdych (5), Czech Republic, def. Lukas Lacko, Slovakia, 6-1, 6-2.
Mikhail Youzhny, Russia, def. Mardy Fish (6), United States, 6-2, 7-6 (0).
Janko Tipsarevic (7), Serbia, def. Flavio Cipolla, Italy, 6-7 (2), 6-1, 6-1.
Juan Martin del Potro (8), Argentina, def. Andrey Golubev, Kazakhstan, 6-4, 6-2.

DELRAY BEACH INTERNATIONAL
At Delray Beach, Fla.
Singles — Second Round
John Isner (1), United States, def. Ryan Sweeting, United States, 6-3, 6-4.
Marinko Matosevic, Australia, def. Alex Bogomolov Jr. (6), Russia, 4-6, 6-1, 6-3.
Ernests Gulbis, Latvia, def. Steve Darcis, Belgium, 6-7 (6), 6-1, 6-3.

ATP-WTA

MEXICAN OPEN
At Acapulco, Mexico
Men's Singles — Second Round
Nicolas Almagro (2), Spain, def. Benoit Paire, France, 3-6, 6-3, 6-4.
Santiago Giraldo, Colombia, def. Marcel Granollers (7), Spain, 6-4, 6-3.
Fernando Verdasco (8), Spain, def. Juan Ignacio Chela, Argentina, 6-4, 6-2.
Carlos Berlocq, Argentina, def. Potito Starace, Italy, 6-1, 6-4.
Women Singles — Second Round
Roberta Vinci (1), Italy, def. Stephanie Foretz Gacon, France, 7-5, 6-4
Irina-Camelia Begu (4), Romania, def. Anna Tatishvili, Georgia, 6-3, 6-1.
Estrella Cabeza Candela (7), Spain, def. Melinda Czink, Hungary, 6-4, 7-6 (5).

WTA

MALAYSIAN OPEN
At Kuala Lumpur, Malaysia
Singles — Second Round
Petra Martic (5), Croatia, def. Kurumi Nara, Japan, 6-2, 3-6, 6-0.
Hsieh Su-Wei, Taiwan, def. Casey Dellacqua, Australia, 6-1, 7-5.

SOCCER

EXHIBITION
Croatia 1 Sweden 3
England 2 Netherlands 3
Greece 1 Belgium 1
Italy 0 United States 1
Germany 1 France 2
Poland 0 Portugal 0
At Limassol, Cyprus
Armenia 3 **Canada 1**

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Philadelphia	7	4	3	.571	79	89	—
Toronto	7	4	3	.571	85	82	—
Rochester	8	3	5	.375	102	102	1½
Buffalo	6	2	4	.333	70	76	1½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Colorado	7	6	1	.857	93	94	—
Calgary	7	5	2	.714	95	75	1
Minnesota	7	4	3	.571	88	81	2
Edmonton	6	2	4	.333	64	61	3½
Washington	7	1	6	.143	65	91	5

Saturday's games
All times Eastern
Rochester at Philadelphia, 7 p.m.
Washington at Toronto, 7 p.m.
Colorado at Buffalo, 7:30 p.m.
Minnesota at Calgary, 9 p.m.
Friday, Mar. 9
Philadelphia at Toronto, 7:30 p.m.
Calgary at Edmonton, 9 p.m.

TRANSACTIONS

BASEBALL

MLB
LEAGUE OFFICE—Suspended free agent minor league LHP Justin Dowdy 50 games for refusing to take a drug test.

NATIONAL LEAGUE
ST. LOUIS CARDINALS — Agreed to terms with C Bryan Anderson, RHP Mitchell Boggs, 3B Matt Carpenter, OF Adron Chambers, RHP Maikel Cleto, OF Allen Craig, C Tony Cruz, 2B Daniel Descalso, RHP Brandon Dickson, RHP Chuckie Fick, LHP Sam Freeman, 3B David Freese, 2B Tyler Greene, 1B Mark Hamilton, OF Jon Jay, OF Erik Komatsu, 2B Pete Kozma, RHP Lance Lynn, RHP Adam Ottavino, RHP Adam Reifer, OF Shane Robinson, LHP Marc Rzepczynski, RHP Fernando Salas and RHP Eduardo Sanchez on one-year contracts.

FOOTBALL

CFL
CALGARY STAMPEDERS—Named Rick Campbell defensive coordinator.
WINNIPEG BLUE BOMBERS—Re-signed OL Andre Douglas.

HOCKEY

NHL
TAMPA BAY LIGHTNING—Assigned F Pierre-Cedric Labrie, F Trevor Smith & D Evan Oberg to Norfolk (AHL). Recalled D Keith Aulie from Norfolk.

AHL
BRIDGEPORT SOUND TIGERS—Agreed to terms with D Russ Sinkewich.

SOCCER

MLS
L.A. GALAXY—Signed G Bill Gaudette. Waived G Nick Noble.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	27	7	.794	½
d-Chicago	29	8	.784	—
Indiana	22	12	.647	5½
d-Philadelphia	21	15	.583	7½
Orlando	23	13	.639	5½
Atlanta	20	15	.571	8
Boston	17	17	.500	10½
New York	18	18	.500	10½
Milwaukee	14	21	.400	14
Cleveland	13	20	.394	14
Detroit	12	25	.324	17
Toronto	11	24	.314	17
New Jersey	11	25	.306	17½
Washington	7	28	.200	21
Charlotte	4	29	.121	23

WESTERN CONFERENCE

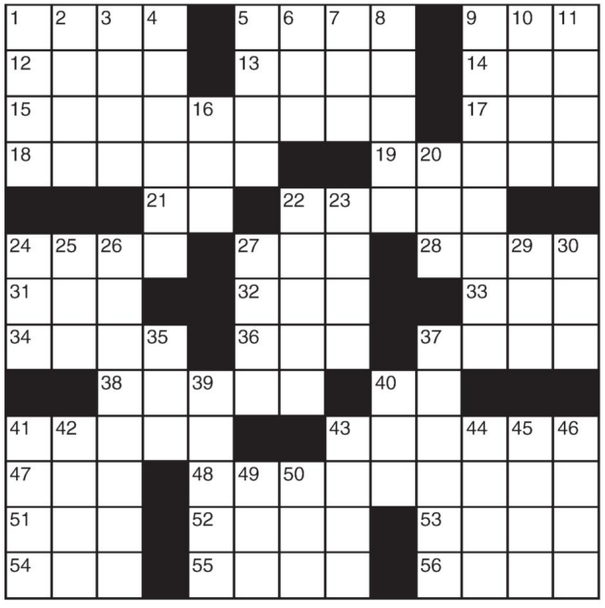
	W	L	Pct	GB
d-Oklahoma City	28	7	.800	—
d-San Antonio	24	11	.686	4
d-L.A. Clippers	20	12	.625	6½
L.A. Lakers	20	14	.588	7½
Dallas	21	15	.583	7½
Houston	21	15	.583	7½
Memphis	20	15	.571	8
Denver	19	17	.528	9½
Portland	18	17	.514	10
Minnesota	18	17	.514	10
Utah	16	18	.471	11½
Golden State	14	18	.438	12½
Phoenix	14	20	.412	13½
Sacramento	12	22	.353	15½
New Orleans	8	27	.229	20

d — division leaders ranked in top four positions regardless of record.

Last night's results
Orlando 102 Washington 95
Oklahoma City 92 Philadelphia 88
Golden State 85 Atlanta 82
Boston 102 Milwaukee 96
Detroit 109 Charlotte 94
New York 120 Cleveland 103
Memphis 96 Dallas 85
Toronto 95 New Orleans 84
Denver 104 Portland 95
Utah 104 Houston 83
Chicago 96 San Antonio 89
Minnesota at L.A. Lakers
Tuesday's results
Boston 86 Cleveland 83
Indiana 102 Golden State 78
Philadelphia 97 Detroit 68
Chicago 99 New Orleans 95
Houston 88 Toronto 85
Milwaukee 119 Washington 118
New Jersey 93 Dallas 92
Sacramento 103 Utah 96
Minnesota 109 L.A. Clippers 97
Tonight's games
All times Eastern
Oklahoma City at Orlando, 8 p.m.
Minnesota at Phoenix, 9 p.m.
L.A. Clippers at Sacramento, 10 p.m.
Miami at Portland, 10:30 p.m.
Tomorrow's games
Memphis at Toronto, 7 p.m.
Milwaukee at Atlanta, 7:30 p.m.
New Jersey at Boston, 7:30 p.m.
Chicago at Cleveland, 7:30 p.m.
Denver at Houston, 8 p.m.
Dallas at New Orleans, 8 p.m.
Golden State at Philadelphia, 8 p.m.
Charlotte at San Antonio, 8:30 p.m.
Miami at Utah, 9 p.m.
Sacramento at L.A. Lakers, 10:30 p.m.
L.A. Clippers at Phoenix, 10:30 p.m.

Speedflirt
Introducing Speedflirt, a flirty new app for meeting singles in your city looking for love or friendship.
Create a profile, browse profiles and find your match!
Download and install the free app for your mobile device - available on the App Store or also available in Android Market.
Available in Android Market
Available on the App Store

Crossword



Across

1 Airport schedule data (Abbr.)
5 Mop the deck
9 Kimono closer
12 Anger
13 Sit for a photo
14 Pal of Wynken and Blynken
15 Ancient Mariner's burden
17 Right angle
18 Theatrical
19 American emblem
21 Performing
22 Mythical lecher
24 Geek
27 — capita
28 Billions of years
31 Away from WSW
32 Raw rock
33 Potential syrup
34 Probability
36 Eggs
37 Wan
38 Hidden supply
40 — usual
41 One of The Donald's exes
43 Snare
47 Venusian vessel?
48 Colonial sewer
51 "— Doubtfire"
52 Island neckwear
53 Arctic diving birds
54 "Mayday!"
55 Ticklish Muppet
56 For fear that

Down

1 Historic periods
2 Pinball no-no
3 Actress Jessica
4 Neptune or Poseidon
5 Nimble
6 Court
7 Fool
8 Surround
9 144 units
10 Weevil's morsel
11 Not busy
16 Coffee break hour
20 Favorable vote
22 Wait on
23 Vicinity
24 Ultramodernist
25 Conclusion
26 Relief provider
27 Milne bruin
29 "Unh-unh"
30 Agent
35 Actor Mineo
37 Star-related
39 Larry the — Guy
40 Whatever number
41 "— the word"
42 Roundish hairstyle
43 Old U.S. gas brand
44 Libertine
45 Requests
46 "Hey, you!"
49 Conger, for one
50 Quarterback Tebow

▶ Yeterday's answer

H	Y	P	O		D	V	R		A	P	P	S
A	E	O	N		I	I	I		V	A	L	E
P	A	R	T	I	S	A	N		E	R	I	E
S	H	E	A	T	H		G	A	R	T	E	R
			P	E	R		S	L	A	Y		
A	L	P		M	A	P		A	G	I	L	E
B	O	A	T		G	E	E		E	N	I	D
C	Y	R	U	S		A	N	T		G	T	O
		T	R	O	D		G	U	T			
G	L	E	N	N	E		A	F	R	A	I	D
E	U	R	O		P	A	R	T	I	C	L	E
E	A	R	N		O	D	D		T	H	I	N
S	U	E	S		T	O	E		E	Y	E	S

Sudoku

		5	7		2			
	2					1	7	
4	3				9	8		
6		3	2				9	
				7				
	8				5	6		4
		8	1				4	3
	7	9					6	
			3		6	2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	3	7	2	4	1	9
2	9	3	1	4	8	5	6	7
4	7	1	6	5	9	3	2	8
6	4	2	9	8	3	7	5	1
3	8	5	7	1	6	9	4	2
7	1	9	4	2	5	6	8	3
9	2	6	5	3	1	8	7	4
8	5	7	2	9	4	1	3	6
1	3	4	8	6	7	2	9	5

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

YOU, All of my life I have tried to find someone who could see the world through my eyes. I thought I walked this earth alone until I met you. **M**

Lady Gaga
Thank you for always being there and strong for us Little Monsters. You give me hope and courage. Congratulations on the Born This Way Foundation!!! PAWS UP! **LADY ALA**

meme, when i first saw you walk by me i thought to myself " i need you a.s.a.p over there" but i was to shy of a guy because you where to much and so was work. so here i am today giving you a kiss; TC!!! **BILLY**

Doctor what can i do? why does it have to be like that? **CURE ME**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -10°	Min -17°	Min -5°
Max -9°	Max 1°	Max 4°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, visit metronews.ca

♈ Aries March 21-April 20
If you can't get excited about what you have planned to do today then, obviously, you should be doing something else.

♉ Taurus April 21-May 21
All those worries and woes you have been carrying around with you suddenly seem irrelevant.

♊ Gemini May 22-June 21
You can be quite sensitive to mood changes in your environment and that skill will be useful today.

♋ Cancer June 22-July 22
A surge of negative cosmic activity makes you believe that certain people are against you. They're not. You need to lighten up and smile.

♌ Leo July 23-Aug.23
Stop trying to control everything that happens and let fate guide you. That applies to all areas but in particular to joint financial issues.

♍ Virgo Aug. 24- Sept. 22
Today's cosmic influences will encourage you to be open about your feelings — but not so open that your heart rules your head entirely.

♎ Libra Sept. 23-Oct. 23
If someone approaches you with an idea or proposal today, don't turn them down flat. Listen.

♏ Scorpio Oct. 24-Nov. 22
Keep routine tasks to a minimum and don't worry if you fall behind in your schedule. Be flexible.

♐ Sagittarius Nov. 23-Dec. 21
Others may be hopping from one foot to the other in anger today but you cannot be bothered.

♑ Capricorn Dec. 22-Jan. 20
It's good that you don't take what others believe as a personal insult to your own values. Be open.

♒ Aquarius Jan. 21-Feb. 18
Something is going to happen whether you like it or not, and you know it. So why are you still fighting the future? Adapt yourself.

♓ Pisces Feb. 19-March 20
Have you been making use of your skills? If you are honest, you will admit you have fallen a bit short lately. **SALLY BROMPTON**

Caption contest

MICHAEL CONROY/ THE ASSOCIATED PRESS

DAVID GOLDMAN/ THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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